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Honor Louise LaRaia - Page 6**



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'City of Champions'

*Rally Celebrates Quincy-Based
New England Free Jacks
Major League Rugby Champs*

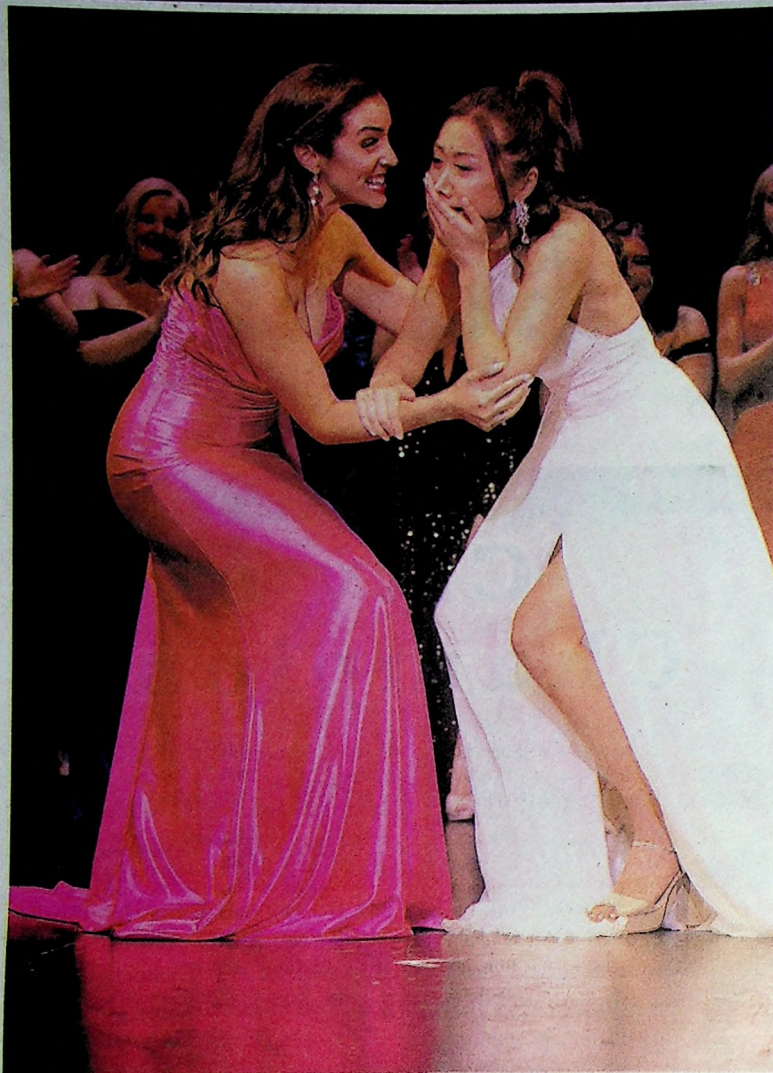
NEW ENGLAND FREE JACKS players Cam Davidowicz (left) and Conor Keys (right), proudly display the Major League Rugby Championship Shield and Eastern Conference Championship trophy at a rally celebrating the team's championship season July 15 at Veterans' Memorial Stadium. The Quincy-based rugby team plays its home games at the stadium. More coverage begins on Page 15.

Quincy Sun Photo Robert Bosworth



**5 Contested Races In Municipal Election - Page 3
Two Townhouses Proposed In Houghs Neck - Page 9**

More Quincy news:
The Quincy Sun.com



CHELSEA VUONG (right), Miss North Shore, reacts after she's selected Miss Massachusetts 2023 at the Miss Massachusetts competition June 24 at Worcester's Hanover Theatre. At left is first runner-up Megan Sylvia, Miss Fall River. Vuong, a Boston resident, is a volunteer with Quincy Asian Resources, Inc.

Photos Courtesy Steve Smith Photography



THERE SHE IS, MISS MASSACHUSETTS – Chelsea Vuong is crowned Miss Massachusetts 2023 by Katrina Kincade, Miss Massachusetts 2022, at Worcester's Hanover Theatre June 24. Vuong will represent Massachusetts in the Miss America 2024 competition.

QARI Volunteer Chelsea Vuong Crowned Miss MA

Chelsea Vuong – a volunteer with Quincy Asian Resources, Inc. – was recently crowned Miss Massachusetts 2023 becoming the first Chinese American woman to win the coveted title.

On June 24, from a competitive field of 24 contestants, Vuong was selected to represent the Commonwealth of Massachusetts at the Miss America Competition. As the winner, Vuong won a \$15,000 cash scholarship. She was also named a preliminary evening gown winner, where she received another \$200 scholarship.

"Being the first Chinese

American to be crowned the coveted title of Miss Massachusetts is truly a dream come true," says Vuong. "Coming from a low-income community, when I heard my name called as the winner, I couldn't believe it. From that moment, I realized that I had made history and so many young Chinese Americans could follow these footsteps."

Vuong came to Cambridge from California to attend Harvard University.

"Both of my parents are immigrants from Asia. My dad came here with two suitcases and \$200, so we didn't have much growing

up. It was a dream to compete on the Miss America stage," she told The Sun in an email.

"As Miss Massachusetts, I'm really grateful to have the opportunity to promote financial literacy to lower income communities and inspire others that no matter where you come from, no dream is ever too big enough to achieve."

Currently a resident of Boston, Vuong became a volunteer for Quincy Asian Resources, Inc. in 2019 when she hosted their Lunar New Year Festival.

"Coming from an immigrant family, QARI really

resonates with me, as they provide resources and support to Asian American immigrants," she said.

Vuong is a member of Harvard's Class of 2021 and holds a BA in economics and a minor in global health and health policy. She is employed as a business analyst at McKinsey & Company and is a classically trained pianist.

Vuong, who was Miss North Shore 2023, will spend her year of service promoting her Community Service Initiative "Dollars and Sense for Financial Freedom." Her speaking engagements on financial lit-

eracy have taken her across the state and allowed Vuong to influence more than 1,000 students.

"Rising college tuition rates have increased growing student loans and debt," said Vuong. "This has consequently impacted the future of this generation as it makes it less feasible for students entering the workplace to start their adult independent lives."

Vuong hosts the podcast The Currency Coach which explores personal finance tips and financial literacy with current and retired NFL players as well as an

Olympian. Her website Chelsea4Change contains more information surrounding her 501©3 organization FinancialMile, which is dedicated to bringing financial literacy to students and lower income families. As Miss Massachusetts, Vuong will continue expanding this initiative across the state.

Over \$30,000 in scholarships were awarded at the Miss Massachusetts Pageant.

The 2023 Miss Massachusetts Scholarship Competition was held at Worcester's Hanover Theatre. The other members of the Top 5 were:

- 1st Runner-Up Miss Fall River Megan Sylvia, who was awarded a \$3,000 scholarship and a \$500 Preliminary Talent Award
- 2nd Runner-Up Miss Western Massachusetts Caroline Holladay, who was awarded a \$2,500 scholarship
- 3rd Runner-Up Miss Lakeville Brooklyn Toli, who was awarded a \$2,000 scholarship and a \$500 Preliminary Talent Award
- 4th Runner-Up Miss Worcester County Gabrielle Griffiths, who was awarded a \$1,500 scholarship.

Vuong is scheduled to be the emcee at Quincy Asian Resources Inc.'s August Moon Festival Aug. 20.



The USDA funded Summer Food Service Program for Children sponsored by the Quincy Public Schools will provide free meals to all children without charge, regardless of race, color, national origin, sex, age or disability.

Lunch Service: Monday—Friday 11 am to 1 pm - July 5 through August 18, 2023

Please note the following guidelines for the Quincy Summer Eats Program:

This is a congregate feeding program. Children must eat the meals on site.

Children age 18 years old and younger are allowed to take one lunch.

Parent/guardian cannot take meals on their child's behalf or for themselves.

There are no registration or income requirements to participate.

"This is an equal opportunity provider."

SITE LOCATIONS:

The Snug Harbor School

The Ward II Community Center

The Lincoln Hancock School cafeteria

The F.W. Parker School cafeteria

The Montclair Elementary School gym

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No Preliminary Election Contested Races For Mayor, School Committee, Three Ward Seats Nov. 7

By SCOTT JACKSON

The city's municipal election in November will include contests for mayor and three seats each on the City Council and School Committee. There will be no preliminary election in August because not enough candidates returned nomination papers.

A total of 20 candidates qualified for the ballot after submitting nomination papers with the signatures of 50 registered voters ahead of the July 11 deadline to do so.

Headlining the November ballot will be the race for mayor. Incumbent Thomas Koch of Newbury Avenue and challenger Anne Mahoney of Ferriter Street, a sitting at-large councillor, both qualified for the ballot. A third resident, James Maloney of East Squantum, had also taken out nomination papers but did not return them. Had a third resident returned papers for mayor there would have been a mayoral city-wide preliminary election.

The November election will feature three contested races on the City Council: in Ward 2, Ward 4 and Ward 6.

In Ward 2, incumbent Anthony Andronico of Nicholl Street and challenger Richard Ash of Mound Street both made the ballot.

In Ward 4, incumbent James Devine of Cross Street and challenger Matthew Lyons of Centre Street qualified for the ballot.

Cont'd On Page 4

23 Graduate QC Practical Nursing Program

Twenty-three students who have successfully completed Quincy College's Practical Nursing certificate program were recently honored at the program's traditional pinning ceremony. The Practical Nursing graduating class is the college's largest since 2017.

Three of the students – Hannah Freeman, Geraldine Pitturo and Kebron Sime – are Quincy residents.

The ceremony at Quincy High School's Lloyd Hill Auditorium marked the culmination of students' classroom instruction and clinical training and formally represents their transition from student to nurse. The ceremony concluded with students reciting the International Council of Nurses' Pledge, which affirms the common goals of nurses around the world.

In congratulatory remarks, Quincy College President Dr. Richard DeCristofaro commended the graduates for their choice of a career focused on "caring, compassion and empathy. You will make a difference in the lives of others, and



QUINCY RESIDENTS Kebron Sime, Hannah Freeman and Geraldine Pitturo are among the 23 graduates of Quincy College's Practical Nursing program who were recently honored at the program's traditional pinning ceremony.

Photo Courtesy Quincy College

you will come to appreciate the importance of demonstrating kindness in your every interaction with patients," he said.

In addition to its 10-month Practical Nursing certificate program,

Quincy College also offers a two-year Associate in Science degree in nursing. Visit www.quincycollege.edu/nursing for information about both programs, as well as to learn more

about a partnership between Quincy College and Eastern Nazarene College that offers Quincy College nursing students housing and meal-plan options on the nearby Eastern Nazarene campus.

Metropolitan Beaches Commission Hearing On Sea Level Rise

On Tuesday, July 11 the Metropolitan Beaches Commission and Save the Harbor/Save the Bay convened a public hearing on current efforts to address sea level rise in Lynn, Nahant, Revere, Winthrop, East Boston, South Boston, Dorchester, Quincy and Hull.

More than 100 people from the region's waterfront neighborhoods and beachfront communities from Nahant to Nantasket took part in the hearing, which was held on Zoom.

"Climate change is an issue that affects all of us, but some are feeling it sooner than others," said state Sen. John Keenan of Quincy. "Our coastal communities are the literal front line as erosion and sea level rise threaten not just our beaches, but our homes and neighborhoods. By coming together to discuss this issue, we can convince others that this is a priority and plan for how we can best handle this crisis."

Commission Vice Chair Rep. Joan Meschino of Hull agreed.

"As a barrier island peninsula that protects communities in the metro-Boston region, the Town of Hull is well-versed in resilience and adaptation efforts," Meschino said. "We must endeavor to understand our communities' local histories, identify patterns and trends, and work collaboratively with DCR to invest in coastal resilience. By turning our focus to climate resilience for our beaches, we protect our coastal communities while also promoting the betterment of the entirety of Boston Harbor."

Cont'd On Page 4

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Moments in time

THE HISTORY CHANNEL

• On July 31, 1703, author Daniel Defoe (Robinson Crusoe) was placed in a pillory after being found guilty of seditious libel for publishing a politically satirical pamphlet, but instead of mud or rotten food (or even worse), he was pelted with flowers, while his friends sold copies of the pamphlet nearby.

• On Aug. 1, 1971, race car legend Richard Petty won the Dixie 500 in Atlanta, Georgia, and became the first NASCAR driver to score \$1 million in career earnings.

• On Aug. 2, 1909, the centennial year of Abraham Lincoln's birth, the U.S. issued the Lincoln penny, designed by Victor David Brenner. It was the first widely circulating design of a U.S. president on a coin, an idea that had in the past been seen by George Washington as too reminiscent of monarchy.

• On Aug. 3, 2004, the pedestal of the Statue of Liberty reopened after being closed for safety and security improvements following the Sept. 11, 2001, terrorist attacks on New York City's World Trade Center. The remainder of the statue stayed closed until July 4, 2009, when the observation deck in the crown was reopened to visitors, chosen hourly by lottery.

• On Aug. 4, 1964, the bodies of civil rights workers Michael Schwerner, Andrew Goodman and James Chaney were discovered in a partially constructed dam near Philadelphia, Mississippi, after disappearing more than a month before. Before their bodies were found, outrage over the KKK-perpetrated murders aided passage of the Civil Rights Act of 1964.

• On Aug. 5, 2013, the first lab-grown hamburger, made from taking cow cells and turning them into the strips of a muscle, was cooked and eaten at a news conference in London, England. Tasters remarked that while it lacked some of a conventional burger's juiciness, the flavor and texture were fairly similar.

• On Aug. 6, 1916, watermelons proved to be a major problem for Army officials in El Paso, Texas, to the point of actually being banned. Since their thick rinds couldn't be burned or properly disposed of, they drew a plague of flies, which military experts warned could breed disease.

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Late summer garden tasks

Plan your garden tasks to be done during the coolest times of the day. Note rainfall variations and how watering needs change as summer progresses, and make any needed adjustments. Look out for thrips, fruitworms, hornworms, mites, chinch bugs, scale, snails, slugs, etc. and treat promptly. Remove and dispose of any diseased foliage; do not compost it, but rather burn or bag it, then disinfect your tools to avoid spreading disease.

Source: thespruce.com

~ Brenilda Weaver

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Contested Races For Mayor, School Committee, Three Ward Seats Nov. 7

Cont'd From Page 3

In Ward 6, incumbent William Harris of Ashworth Road and challenger Deborah Riley of Landgrane Street secured spots on the ballot.

Incumbent Ward 1 Councillor David McCarthy of Whitney Road and Ward 3 Councillor Ian Cain of Forbes Hill Road will both be unopposed in the fall.

In Ward 5, only one resident – Daniel Minton of Sims Road – filed papers to succeed incumbent Charles Phelan Jr. who opted not to seek reelection. Minton is a retired Quincy Police lieutenant.

Three other residents had taken out nomination papers to run for ward councillor seats but did not return them. They are Kevin Geary of Samoset Avenue (Ward 1), Stephen Christo of Standish Avenue (Ward 5) and Richard Iacobucci (Ward 5).

There will only be three candidates on the ballot for the three council at-large seats. They are incumbents Noel DiBona of Chickatabot Road and Nina Liang of Grand View Avenue and first-time candidate Scott Campbell of Rockland Street. No other resident took out papers for the three councillor at-large seats that includes one open seat – the seat being vacated by Mahoney who is challenging Koch for mayor.

Six residents qualified to seek three School committee seats this fall (the other three seats are on the ballot in 2025). The six candidate are the three incumbents seeking re-election – Paul Bregoli of Willow Avenue, Kathryn Hubley of Marion Street and Frank Santoro of Lois Ter-

race – and challengers Courtney Perdios of Ruggles Street, Liberty Schaaf of Howe Street and Vincent Tran of East Elm Avenue.

A seventh resident, Kathryn Campbell of Cranch Street, pulled papers to run for school board but did not return them. Had a seventh resident submitted papers for school committee, a preliminary election would have been required for that race.

The candidates who did qualify for the ballot have until 5 p.m. on Thursday, July 27 to withdraw from the race. That is also the deadline for objections.

This year's municipal election will take place on Tuesday, Nov. 7. The deadline to register to vote in the election is 5 p.m. on Saturday, Oct. 28.

Early voting will be available for this year's election, both in-person and by mail.

In-person early voting will take place on Saturday, Oct. 28, as well as Monday through Friday, Oct. 30 through Nov. 3. City Clerk Nicole Crispo said early voting on that Saturday would take place inside the Great Hall of the McIntyre Government Center (old City Hall) while early voting on the following on the weekdays would be at her office on the second floor of the glass City Hall annex building.

The deadline to request a mail-in ballot for the election is 5 p.m. on Tuesday, Oct. 31. Information on mail-in balloting can be found by going to the city's website, quincyma.gov, and navigating to the page for the City Clerk's Office.

The deadline to apply to vote absentee in the election is noon on Monday, Nov. 6.

Beaches Commission Hearing On Sea Level Rise

Cont'd From Page 3

The Commission also released a preliminary report on coastal infrastructure and storm surge inundation for each of the Metropolitan Beaches from Nahant to Nantasket. It contains design strategies and visualization tools to help people understand and agree on the scope of the challenges facing each beachfront community.

At the hearing the Commission heard testimony from The Massachusetts Office of Coastal Zone Management, The Department of Conservation and Recreation, Office of Climate Resilience, The City of Boston Environment Department and the Climate Change and Environmental Planning team at the Boston Development Planning Agency and The Town of Hull, Department of Climate Adaption and Conservation on the status of their efforts to address the impacts of climate change.

"I want to thank all the experts, advocates and residents we heard from at today's hearing and our partners in the community and from government at all levels for sharing their thoughts and plans with us today" said Save the Harbor/Save the Bay's Executive Director Chris Mancini. "It is clear that the region's waterfront neighborhoods and beachfront communities and all our region's public beaches are seriously threatened by sea level rise and increasingly frequent and severe coastal storms caused by global warming

and climate change. Unless we take steps today to preserve these beaches and protect our communities, in the near future we really could be looking at "A Bay State Without Beaches."

In the coming months the Commission will hold additional hearings on this subject, before issuing a report of their findings and recommendations to the Legislature, the Administration and the public.

"This hearing is an important first step in the Metropolitan Beaches Commission's efforts to help the region's waterfront neighborhoods and beachfront communities develop strategies and secure resources that will both strengthen coastal defense and resilience and preserve public access to our region's public beaches" said Bruce Berman, who serves as the lead consultant to the Commission. "If we get it right, our beaches can protect our communities. If we don't, we put public safety, our beaches and the economic future of our communities at risk."

"Our public beaches are critically important to all of us, especially kids and families who rely on them for recreation and healthy outdoor activities," said MBC Vice Chair Christopher Byner of the Boston Police Activities League. "We all have a responsibility to work together to protect our communities from the increasing risk of floods and storms, while preserving access to the beach and sea."

Searing Heat Presents Danger To Children, Pets

As temperatures climb this summer, AAA reminds motorists to take extra precautions to make sure children and pets are not left in vehicles.

Deaths due to heatstroke often occur when caregivers forget a child in a car, or simply do not realize how quickly temperatures rise in an enclosed vehicle.

As of July 6, 10 children have died in the United States as the result of vehicular heatstroke. In 2022, this preventable tragedy claimed the lives of 33 children, and 950 children have perished in hot vehicles since 1998, the year pediatric vehicular heatstroke deaths were first recorded.

On a summer day, leaving a child or a pet inside a vehicle for less than 10 minutes can prove fatal. Children and pets cannot regulate their body temperature like adults, and their bodies heat up three to five times faster.

Heatstroke is clinically defined as core body temperature of 104 degrees, the temperature where brain and organ damage begins, and can be deadly. Even on a 70-degree day, with the windows cracked, the temperature inside a closed vehicle can reach over 115 degrees in less than 15 minutes.

An examination of media reports covering 938 pediatric vehicular heatstroke deaths for a 25-year period (1998 through 2022) shows the following circumstances:

- 52.61% - Forgotten by caregiver (496 children)
- 25.29% - Gained Access on their own (237)
- 20.28% - Knowingly left by caregiver (190)
- 1.81% - Unknown (17)

It is important to note that when children are forgotten in the vehicle by their caregiver, it is common that there was a change in the normal daily routine, such as a parent dropping the child off at daycare who would not normally have that responsibility.

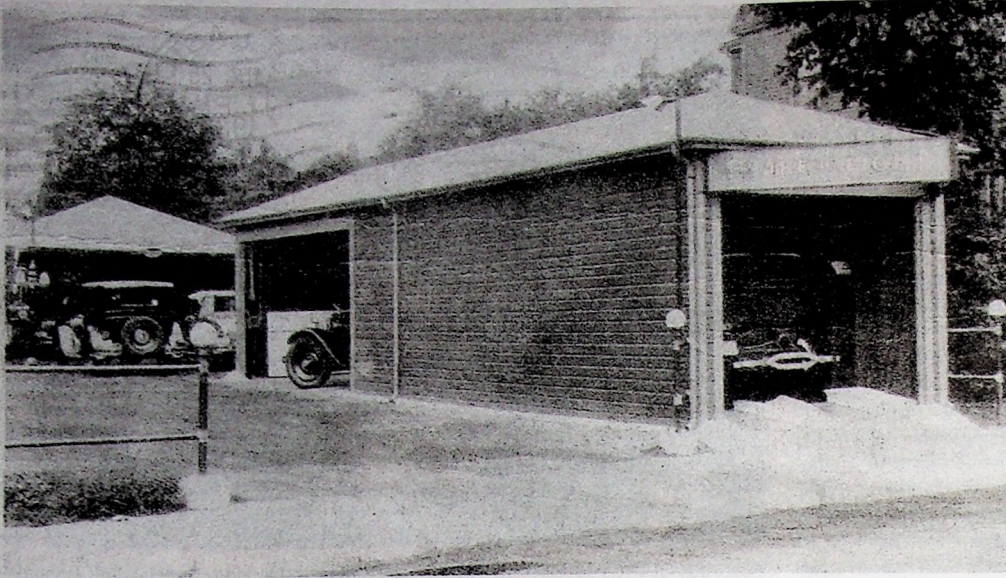
More than a quarter of heatstroke tragedies are caused by children gaining access to a vehicle on their own, without a parent or caregiver realizing. Examples include young children playing games such as "hide and go seek" and entering a hot vehicle to be quickly overcome by hyperthermia. For this reason, it is critical to lock parked vehicles to reduce this risk.

Unfortunately, children are often knowingly left in a vehicle; approximately 20% of these deaths occur because a caregiver left the child intentionally, yet not necessarily maliciously. Young children are left to "finish a nap" or the caregiver runs into a store or business to complete an errand without the child, not realizing the danger or how quickly brain damage can occur.

Twenty-one states, including Connecticut and Rhode Island, have laws preventing caregivers from leaving children unattended in a vehicle.

If you see a child or pet left alone in a vehicle, dial 9-1-1 to report the incident and, if necessary, take action to remove them. Never leave children or pets unattended in a vehicle. "Look before you lock" your vehicle and when you exit, keep the vehicle locked so a child cannot gain access.

Scenes From Yesterday



THIS 1930 POSTCARD was published for the Blackie Service Station that was located near the corner of Woodbine Street and Weston Avenue in Wollaston. It was owned and operated by Albert Blackman who lived just around the corner. The sign over the door is barely discernible, but this was an official headlight and brake inspection station. The card was mailed to local customers as a reminder to have their lights and brakes

inspected. Stating on the reverse that "we serve you with expert knowledge and the most scientific equipment available." Surely they didn't have anything like the computers they plug our cars into today. The site of this business is now included in the Red Line's Wollaston Station parking lot.

From the Tom Galvin Postcard Collection

Quincy's Yesterdays

This Week
1973
50 Years Ago

8-Ward Plan On Election Ballot

Sept. 6, Nov. 6, and Dec. 4 should be dates for Quincy voters to remember this year.

The City Council was expected to unanimously approve a plan to hold a referendum vote on the 8 Ward Redistricting plan Sept. 6. The primary election would then be held Nov. 6 and the final election Dec. 4.

The proposed action was being taken in an effort with the "one man, one vote" recent court decision.

As presently constituted, the original boundaries were set in 1889 when Quincy became a city. Under the present configuration Wards 1, 5 and 6 are larger than Wards 2, 3 and 4.

The eight-ward plan was devised to comply with the court decision. (Editor's note: The eight-ward plan was defeated and the ward lines for the six wards were redrawn to comply with the court's decision.)

QUINCYISMS

Amelio Della Chiesa, former mayor, city councillor and state representative, celebrated his 72nd birthday July 31. Since retiring from public office, the former official and his wife Evelyn have been living in Pembroke... The Quincy Cooperative Bank, Quincy Center, was advertising "Term Deposit Certificates with rates and maturity dates ranging from 7% for 5 years down to 5% for six months"... Two sisters and their husbands, who are also friends and neighbors in Houghs Neck, jointly celebrated their 50th wedding anniversaries. More than 200 guests attended the celebration for **Mr. and Mrs. Christopher Simonelli**, 74 Charles St., and **Mr. and Mrs. John Romano**, 76 Charles St.... **Jean H. Phelan**, 105 Alstead St., North Quincy, received a Doctor of Education degree from Boston University's School of Education... **Roberta's Fashion Shoppe**, 1538 Hancock St., Quincy Center, was advertising a sale of "Dresses, Pant Suits and Sportswear, Save 20% to 50%"... Patriot Ledger photographer **Everett Tatreau** was installed as president of the Quincy Lions Club at ceremonies held at Dutton's Restaurant. Tatreau, who succeeds **Roger Hamel**, will serve from July 1 through next June 30... **Charles M. Melchionne**, a Marine Corps veteran of the Korean War and a member of the Robert I. Nickerson Post of Squantum, was installed as commander of the Norfolk County Legion Council... **Foley Chrysler**, 330 Hancock St., North Quincy, was advertising 1973 Chrysler New Yorkers for \$5,795... **Kimberley's**, Quincy Shore Drive, was offering "Friday, Saturday and Sunday Specials, 'Two Baked, Stuffed or Boiled Lobsters for \$5.95'... The Fireside Lounge at Dutton's, 125 Sea St., was featuring Sunday to Wednesday sing-a-longs with the Myrtle Kelley Duo... Two members of the girls' track team at North Quincy High School participated in the Youth Games in Birmingham, Alabama. They were **Jill Seamans** and **Janice Kelly**... The Quincy Bantam Minors won their first Bay Colony Hockey Association summer league game with a 4-0 win over Abington. **Jimmy Moore** scored two goals while **Jim Triglia** and **Mike Van Tassel** scored the other two goals... **Quincy Recreation Director William F. Ryan** announced that **Colleen O'Day** and **Stephen Mele** had been selected as "Leaders of the Week"... **Ruth McCrann**, daughter of **Mr. and Mrs. James McCrann**, 169 Wilson Ave., Wollaston, received a B.S. degree from Boston University's Sargent College. Miss McCrann was a Dean's List student... **Navy Personnel man Third Class Michael R. Fallon**, son of **Mr. and Mrs. George F. Fallon**, 112 Elm Ave., Wollaston, reported for duty aboard the guided missile cruiser U.S.S. Albany at Mayport, Fla... **Robert F. Denvir**, a candidate for Ward 1 councillor, in a letter to **Mayor Walter J. Hannon**, criticized illegal dumping on city-owned marshes in the Houghs Neck area. Denvir suggested that guard rails be placed in the affected areas to prevent further dumping... **Putnam S. Borden**, executive director of the Council on Aging, announced that arrangements have been made with the MBTA to issue reduced one-half fare passes to senior citizens over age 65. The program will commence Aug. 1... The seniors' menu for Monday, July 30 at Sawyer Towers, Martensen Street, included scalloped hamburger and macaroni, carrots, roll, butter, coffee and dessert... **Marine Pvt. Roger P. Johnson**, son of **Mr. and Mrs. David W. Johnson**, 75 Curtis Ave., Quincy Point, has completed infantryman training at the Marine Corps base at Camp Pendleton, California.

READERS FORUM - MORE ON PAGE 19

Supports City Control Of Wollaston Beach

I wanted to express support for Mayor Koch's consideration of having more local law enforcement control over Wollaston Beach (Sun article Koch Eyes City Control of Wollaston Beach, July 6th).

There have been in-

creasing issues over the past 5 years with speeding vehicles, vehicles running red lights, double parking, public drinking and drug use and the daily use by large construction trucks and vehicles in which they

are restricted (a frequent un-enforced issue on Furnace Brook Parkway as well) not being enforced.

On the rare occasion I see a state police car, it's frequently parked but with no trooper in site. I've yet

to see any violators pulled over for speeding or other violations in quite some time. It's time for enforcement and the state is either understaffed or unwilling to do this.

Jennifer Golden
Wollaston

Quincy Stands Alone: City Without A Hospital

Quincy stands alone. Maine, Vermont, New Hampshire, Massachusetts, Rhode Island and Connecticut: largest city without a hospital.

I am alive today because there was a hospital. Was told by surgeon that 20 minutes later I would have been a dead guy.

How many will die be-

cause they couldn't get to a hospital in time?

Even if there was a hospital, people would die because they couldn't get to hospital due to traffic creat-

ed by overbuilding, condos and apartments.

The mayor has passed his sell by date.

Arthur Ralph
Quincy

Adopt A Mixed-Use Zoning Strategy To Encourage More Walkable Neighborhoods

Quincy has undergone a lot of growth and development over the last several years and this has led to a backlash from residents. Most of the complaints revolve around the worsening traffic in the city. "Bumper to bumper" traffic on Hancock Street has become all too common, as a writer in last week's Reader's Forum laments. These complaints lead to a growing anti-development sentiment and calls to slow down on building new condos.

But it would be a mistake to stop building more housing. Home prices are rising every year making it harder and harder for new families to own a home. Even apartment rental prices are getting out of control and stories of rents rising over \$500 dollars a month upon lease renewal are common. Quincy is a great place to raise a family, but if we fail to build more housing, our

children will have no choice but to move out of the city. Whether we like it or not, the city needs development.

There is however an obvious but often not appreciated solution to the traffic problem: reduce the number of cars on the road.

Like many others, I live in a very suburban part of Quincy, predominantly made up of single family homes. Zoned Residence A: single family homes only. It is illegal to build a coffee shop or yoga studio in my neighborhood. It is illegal to build a grocery store or a dentist's office. It is only legal to build single family homes. Predictably, almost all errands require a car. The only feasible way to go to the doctor, meet a friend for lunch, or go for a haircut is to drive. Every trip someone makes adds to the traffic problem.

But, we don't have to design our neighborhoods this

way. It doesn't have to be illegal to build a barbershop next to a house. We can allow businesses and residences to live side by side (or on top of each other). By integrating businesses into our residential neighborhoods, residents can perform more of their daily trips by walking or cycling, reducing the number of trips taken by car and alleviating the traffic problem. All we have to do is update our zoning code.

With every new development proposal, we need to ask some questions. Where will new residents go to do their errands? How will they get there? Will this development offer the existing residents of the neighborhood new places to walk to? If the answers to these questions are "far away", "by car", and "no", then it's hard to get behind such a proposal. Instead we should be building in places where resi-

dents can already walk or cycle to do their errands and that include new commercial spaces to make the community even more walkable.

Worsening traffic is a direct consequence of our car dependent neighborhoods. In neighborhoods like ours, any new development will increase traffic; everyone has to drive anywhere they want to go. It will only get worse unless we take steps to reduce the number of errands that require a car. Luckily the solution is straightforward: adopt a mixed-use zoning strategy to encourage more walkable neighborhoods. Mixed-use zoning employed by cities all around the world can serve as a model for how new development in Quincy can make our community stronger, not just more congested.

Thomas Addison
Quincy

Arts & Entertainment

Friends Of Ruth Gordon Amphitheater Honor Former First Lady Louise LaRaia

Former First Lady of Quincy, Louise LaRaia was recently honored by the Friends of the Ruth Gordon Amphitheater at the outdoor entertainment venue in Merymount Park.

Mrs. LaRaia was recognized just before the evening's scheduled performance of the Racky Thomas Band.

Mayor Joseph and Mrs. LaRaia, both advocates of

the performing arts, were instrumental in the building and funding of the amphitheater, a tribute to Quincy's own, Academy Award winning actress, writer and playwright, Ruth Gordon.

For over two decades the couple ran the Summerfest concert series at the venue.

Friends of the Ruth Gordon Amphitheater is a group of concerned citizens advocating for the preserva-

tion and restoration of this historic site. They were honored to welcome Mrs. LaRaia back to this public performance space she and her husband made possible.

For more information about the Friends Fridays summer concert series schedule running through August, visit Friends of the Gordon Amphitheater page on Facebook.



SARA TRAINOR CALLARD (center) presents Louise LaRaia with a spyglass (symbolic of the spyglass that Ruth Gordon's father, a sea captain, gave to her as she set off for New York City to become an actress.) At left is daughter Lisa LaRaia and in back is Racky Thomas of the Racky Thomas blues band who performed that night. A tribute to Joseph and Louise LaRaia and family from the Friends of the Ruth Gordon Amphitheater appears below.



FORMER QUINCY FIRST LADY Mrs. Louise LaRaia speaks at the Ruth Gordon Amphitheater July 7. Mrs. LaRaia, wife of the late former Mayor Joseph LaRaia, was honored by the Friends of the Ruth Gordon Amphitheater. She is joined on stage with daughters Robyn and Lisa and son, Joe. Holding the microphone is Maria Mulligan, a member of the Friends of the Ruth Gordon Amphitheater who introduced Mrs. LaRaia. Photos Courtesy Dana Smith



ON STAGE ARE some of the founding members of Friends of Ruth Gordon Amphitheater (FriendsOfRGA.org) including from left: Ann Danby, Sara Trainor Callard, Helene Sansoucy, Lori Earl and Maria Mulligan. Speaking at right is Quincy Natural Resources Commissioner Dave Murphy.

Ice Cream Treats, Treasures At HN Church Aug. 5

Houghs Neck Congregational Church, 310 Manet Ave., Quincy, will host Ice Cream Treats and Treasures Saturday, Aug. 5 from 10 a.m. to 2 p.m.

In the event of rain, the event will be held inside.

Ice cream cups with 2 scoops and 2 types of sprinkles or candy \$4.

Ice cream cups with 2 scoops and any hot toppings, multiple candies or sprinkles, or sundaes with the works \$6.

Ice cream: vanilla or chocolate.

Toppings available: Hot fudge, caramel, peanut butter sauce and whipped cream.

Candies and sprinkles may include: rainbow sprinkles, chocolate jimmies, peanut butter cups, Oreos, Junior Mints, gummy bears, M&Ms, walnuts, peanuts, heath bar and more.

Also available will be freeze pops and bottled water.

Yard Sale Treasures will feature lots of items and donations are welcome. Donations may be dropped off at the church on Sunday, July 23 and Sunday, July 30 after service at 11 or on Wednesday, Aug. 2 from 10 a.m. to noon or Thursday, Aug. 3, from 6 to 8 p.m.

For pick up contact Gayle by Wednesday, Aug. 2, g.mackay@northeastern.edu or 617-653-5928.



ode to the LaRaia's

Good evening!

Welcome to the Ruth Gordon Amphitheater!

Before we sing the blues, we have some great news!

Tonight, we honor

former Mayor and First Lady of Quincy Joe and Louise LaRaia!

Known as the "People's Mayor", Joe had a vision to bring this amphitheater to Quincy.

So, he and his good friend, Owen, the architect, got to work and made this magical place!

"Music in the Trees"

And so was born...

the Quincy Summerfest and the Quincy South Shore cultural commission

run by the LaRaia Family for two decades!

Joe is no longer with us... but his Spirit sure is!

His wife, the brains behind the man, is alive and kicking and with us tonight!

Let's welcome Louise and her family back to this stage!

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Openings For Recreation Dept. Girls' Basketball Clinic

Quincy Recreation announces openings remain available for its Girls' Basketball Clinic beginning on Monday, July 31st and running through Friday, Aug. 4th.

The clinic will be held

from 8:30 a.m. to 12:30 p.m. at North Quincy High School and is open to those entering grades 3-9. There is a fee of \$125 to attend.

The clinic is an instructional program with an emphasis on fundamentals:

passing, shooting, rebounding, dribbling and defensive skills through a complete series of drills and scrimmages.

For more information and to register, visit www.QuincyRec.com.

In Between Days Festival Aug. 19-20 At Veterans' Stadium

In Between Days Festival announces a partnership with 1 Million Strong that will bring a sober-supportive sanctuary to its festival grounds this summer. Organizers say it is the first of its kind for a major live music event in the region.

The 1 Million Strong Retreat is powered by The Phoenix, a national sober active community with their East Coast headquarters in Boston, and will welcome festival goers to its inclusive sober-supportive retreat experience at this year's In Between Days music festival, taking place Aug. 19 and 20 at Veterans' Memorial Stadium in Quincy.

In Between Days 2023 will feature two stages of music, with nearly two dozen bands and artists comprising a diverse and eclectic lineup that's one of the most exciting showcases of live music in New England. The 2023 edition is headlined by Modest Mouse and Lord Huron, with Phantogram, Sunny Day Real Estate, The Beths, Trampled By Turtles and others, including a dozen homegrown acts from across New England.

"We're thrilled to partner with 1 Million Strong and The Phoenix to create a sober supportive retreat at In Between Days festival," says Heritage Sports Ventures CEO and In Between Days Founder Alex Magleby. "We are crafting experiences that are meaningful for our fans, and cultivating spaces where everyone can enjoy themselves on equal terms. The goal is for everyone to be able to enjoy the festival in their own way. In Between Days is committed to offering a fan-first experience for everyone who attends the festival."

1 Million Strong is an impact initiative that seeks to support one million people impacted by substance use. At In Between Days, attendees can join 1 Million Strong and The Phoenix in a dedicated lounge space to relax, recharge, and enjoy non-alcoholic drinks. There, sober attendees and their allies, friends, and family can meet up to find a community and head out to festival stages with others who are committed to supporting each other's wellness.

"The Phoenix is greatly excited to join forces with In Between Days this year as we bring our passion for supporting the recovery community to our hometown fans," says Scott Strode, the founder and national executive director of The Phoenix. "With our headquarters in Boston, this partnership holds a special significance as we continue our decade-long commitment to serving this community. Expanding our reach to festival environments through 1 Million Strong allows us to extend our support and empowerment to fans, fostering a culture of wellness and inclusivity in the music industry."

At the 1 Million Strong Retreat tent, festival goers can also snap a selfie in the photo booth, grab paper fans, sunscreen packets, earplugs, bandannas, and hats, and enter to win shirts via on-site giveaways. 1 Million Strong is an initiative powered by The Phoenix, which was founded on a mission to build a national sober active community that fuels resilience and harnesses the transformational power of connection. Over the past year, 1 Million Strong has created empowered spaces at music festivals across the country, including Stagecoach, New Orleans Jazz & Heritage Festival, Bourbon & Beyond, Louder Than Life, Park City Song Summit, and California's Cruel World and Just Like Heaven festivals.

1 Million Strong was also created in collaboration with Stand Together Foundation, which is committed to breaking the cycle of poverty in America by driving change from within communities; and Stand Together Music, an organization that believes that the music industry is uniquely positioned to amplify and accelerate addiction recovery. The group estimates that there are currently 46.3 million people in the United States currently struggling with a substance use disorder.

The 1 Million Strong Retreat will blend in with the scope of offerings at this year's festival. The expansive, open-air festival grounds of Veterans' Memorial Stadium will also

host a one-of-a-kind festival shopping experience in partnership with Little City Thrifty Vintage Market and The Good Trade Makers Market. This curated collection will feature vintage fashion, home decor, vinyl record dealers and local independent makers selling their specialty crafted wares. Fans can also have fun in the retro arcade presented by Bit Bar Salem and enjoy tasty bites from local restaurants and food trucks. It all adds up to a unique community-driven experience unlike any other festival. Among the non-alcoholic offerings at In Between Days are Guayaki Yerba Mate and Recess beverages.

Tickets to In Between Days are currently on sale now. Single-day general admission tickets start at \$105 and weekend general admission are priced at \$175.50. VIP passes are \$230 for single-day admission and \$400 for weekend passes. VIP packages to In Between Days include access to an exclusive concert viewing section at the front of the main stage, admission to the festival's VIP hospitality lounge and private bar, free soft drinks and snacks, access to air-conditioned restroom trailers, a VIP concierge service and a private VIP festival entrance to skip the general admission lines.

For the latest news, updates, and festival information, visit the festival homepage at inbetweendaysfestival.com. Follow In Between Days across social media: @inbetweendaysfestival on Instagram; @InBtwnDaysFest on Twitter; and @InBetweenDaysFestival on Facebook. To learn about 1 Million Strong, visit 1millionstrong.com.

In Between Days 2023 lineup:

Saturday: Modest Mouse, Sunny Day Real Estate, The Beths, Blitzen Trapper, Slothrust, Weakened Friends, shallow pools, Fantastic Cat, Paper Tigers, Dutch Tulips, Carissa Johnson and Gypsy Moths.

Sunday: Lord Huron, Phantogram, Trampled by Turtles, Cautious Clay, Yoke Lore, Allison Ponstier, Illiterate Light, Miko Marks, Kat Wright, Dwight and Nicole, Mint Green and Sweet Petunia.

Social

Triple Feature Movie Reviews

By BOB GARVER

A quick explanation about three recently released movies: with an estimated \$40 million at the domestic box office, "Sound of Freedom" had the most money at the end of the July 7-9 weekend. But because it made it a point of opening on Tuesday, July 4, instead of the usual Friday, it had a three-day head start over "Insidious: The Red Door," which finished with \$32 million. I've decided to give attention to both movies. I'm also throwing in "Elemental," which I would have reviewed two weeks ago had I not been on vacation.

"Elemental"

After the streak-breaking disaster that was last year's "Lightyear," Pixar is back to making decent movies. Not great movies - this one isn't on the level of "Toy Story" or "Up" - but solid, enjoyable movies.

Fire-person Ember (Leah Lewis) lives in Element City with her immigrant parents. She meets water-person Wade (Mamoudou Athie), and the two work toward a shared goal of saving her parents' store. The two become friends and eventually fall in love, but for various reasons, fire-people and water-people are forbidden from touching.

The clunky metaphor sometimes gets in the way of the message of racial and cultural harmony (because yeah, fire and water shouldn't mix if the goal is anything other than extinguishment), but the movie still serves up an imaginative, funny world and heartfelt performances. It's familiar (occasionally predictable) territory for Pixar, but "Elemental" represents a welcome return to the familiar.

Grade: B-

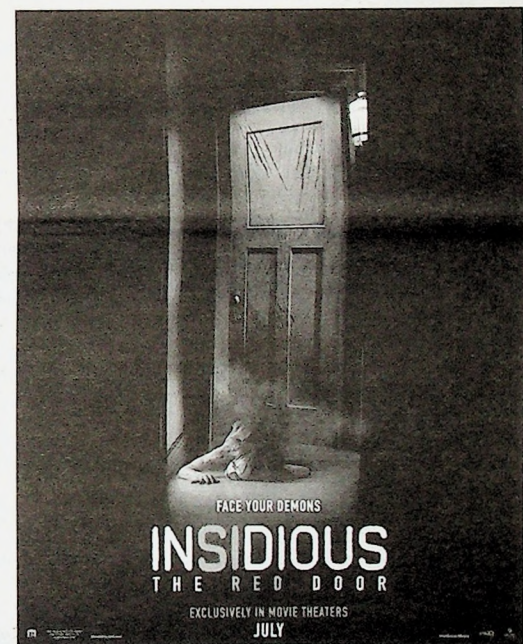
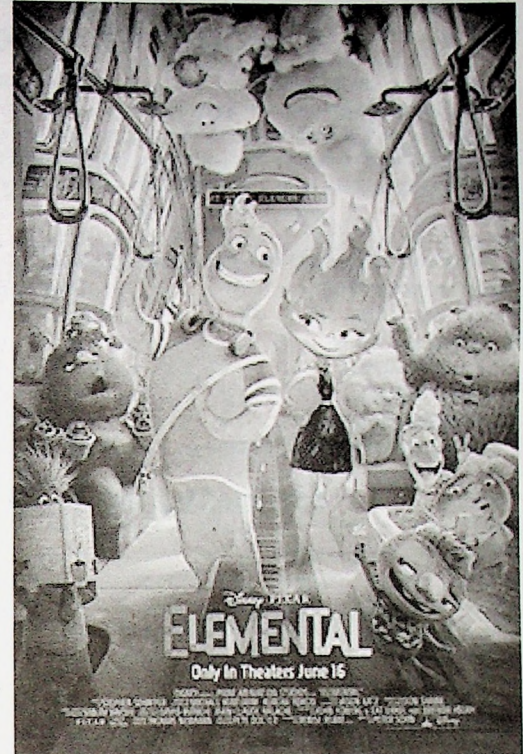
"Elemental" is rated PG for some peril, thematic elements and brief language. Its running time is 101 minutes.

"Insidious: The Red Door"

I'll be honest, I had retained very little about the "Insidious" series going into "The Red Door." That's partly because this franchise has been dormant for over five years, and partly because it's easy to confuse it with similar supernatural horrors from the "Conjuring" universe, which also stars Patrick Wilson, who here serves as director.

Returning characters Josh Lambert (Wilson) and his son Dalton (Ty Simpkins) underwent hypnosis to

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WHAT'S COOKING

with
Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Coconut Macaroons

By MARIE

2/3 cup of sugar

Today's recipe has only four ingredients-five if you count the dash of salt. The results are a chewy, delicious cookie that you will be sure to enjoy with a cup of tea or coffee.

Preheat oven to 325-degrees; lightly grease a cookie sheet

Recipe:

2 egg whites

A dash of salt

½ teaspoon of vanilla

1 ½ cups unsweetened coconut

Beat the egg whites, dash of salt and vanilla together until peaks form.

Gradually add the sugar, beating until stiff.

Fold in coconut and mix until well blended.

Drop by spoonful onto a greased cookie sheet.

Bake in a slow oven at 325 degrees for about 20 minutes.

Cookies should be light brown on top.

Cool before removing from the cookie sheet.

Homemade Ketchup

By SUZIE

Now that it's "ketchup season" next time you are grilling those burgers or roasting those sweet potato fries, how about a healthy and delicious homemade easy-peasy ketchup recipe.

As you know, most ketchups are loaded with high fructose corn syrup and/or poor quality sugar. Your family will be impressed!

1 cup organic tomato paste

1 tbsp raw organic honey

1 tbsp raw unfiltered apple cider vinegar

1/4 tsp mustard

1/2 tsp sea salt

1/4 cup water

Dash of ground cloves and cinnamon

Whisk all in a bowl and store in a mason jar in the refrigerator. Lasts about a week.

Easy and Flavorful Fish Dish

By MARIE

This recipe is one that when you prepare it, it will look and taste like a gourmet entrée and one that my niece, Jean, makes sporadically.

You need to buy either cod, haddock or salmon, and the pieces should be about one inch thick.

Ingredients and Directions:

2 tablespoons butter

Juice one-half of a lemon

½ cup chopped fresh parsley

Mix all together in a bowl, combining well.

2 or four slices of fish (depending on how many people you are cooking for)

1 tablespoon vegetable oil

1 tablespoon butter

Mix the butter, parsley and lemon juice all together until it forms a paste.

With a pastry brush, brush both sides of the fish with this mixture.

To a skillet add a tablespoon of butter and 1 tablespoon of vegetable oil, when oil/butter are heated up start to sauté the fish and turn over when lightly browned.

Once turned, re-brush the mixture onto the fish and keep sautéing until done.

Serve the cooked fish with lemon juice.

This fish dish goes well with any favorite side. This is a quick and delicious meal and one that is sure to please.

Triple Feature Movie Reviews

Cont'd From Page 7

forget the events of the first two films. Nine years later, as Dalton is entering college, the two have a strained relationship to go with their shared foggy past. The two characters, in their own ways, are forced to confront their pasts and their connection to the world known as "The Further" and the demons and spirits that live within.

Aside from one admirably claustrophobic sequence in an MRI machine, "Insidious: The Red Door" is content to settle for startles when it should be striving for scares. I'll no doubt be back to forgetting all about this series in no time.

Grade: C-

"Insidious: The Red Door" is rated PG-13 for violence, terror, frightening images, strong language and

suggestive references. Its running time is 107 minutes.

"Sound of Freedom"

The depraved world of child trafficking is the setting for "Sound of Freedom," a film that is disturbing to its core, yet manages to stay within the confines of the PG-13 rating.

Jim Caviezel (no stranger to challenging subject matter since taking on the ultimate high-pressure role in "The Passion of the Christ") stars as Homeland Security agent Tim Ballard, who switches his career aspirations from merely catching child predators to actually rescuing children. The story follows him on both a well-backed sting operation and a rogue lone mission as he attempts to reunite a family whose two children have been taken.

Flaws like a noticeably low budget and poor pac-

ing are balanced out by the dedicated performance by Caviezel and film's obvious good intentions in raising awareness of an uncomfortable, yet important issue. That is, until a mid-credits "special message" where Caviezel directly implores the audience to encourage others to spend money on the film. Surely this spot could have been used to promote an anti-trafficking organization of some kind instead of the film itself. It undermines the selfless tone of the film that preceded it and frankly makes the whole project come off as greedy.

Grade: C-

"Sound of Freedom" is rated PG-13 for thematic content involving sex trafficking, violence, language, sexual references, some drug content and smoking throughout. Its running time is 131 minutes.

Sons Of Italy Golf Tournament Aug. 25

The Quincy Sons of Italy will hold its Annual Golf Tournament Friday Aug. 25th at Ponkapoag Golf Course, Canton. It will be a 7:45 shotgun.

This has been a great event each year with prizes, raffles, breakfast, and lunch

back at the Sons of Italy. The entrance fee is \$500 per team. Sponsors - \$100 per sign - or donations of gift cards are also being accepted.

Proceeds from the tournament help the Sons of Italy serve the community

with scholarships to students, donations to veterans programs, schools, churches and many other local programs and families in need.

Call 617 472-5900 or email Quincysoi@outlook.com for more information.

South Shore Stars Acquires New Space; Expanding Operations, Services

South Shore Stars has acquired 163 Libbey Parkway in Weymouth. The new space will serve as an expansion of its administrative offices, as well as provide increased capacity for infant and childcare programs and preschool offerings.

Thanks to Tax Exempt financing provided by South Shore Bank, the launch of Stars School & Learning Center in a 30,000 square foot office building is now possible.

South Shore Stars, a nonprofit organization dedicated to early education and youth development since 1970, introduces Stars School & Learning Center to the South Shore of Boston. This unique day-school, set to open in 2024, is specifically designed to cater to the needs of students

with language-based learning differences, including dyslexia and ADHD. With a focus on grades 1 through 5, the school aims to enroll a maximum of 100 students, ensuring individualized attention and support.

"Our vision is to partner with public schools and become a leading independent school in children's education, social-emotional development, and individualized growth," said Dr. Jen Curtis, chief executive officer of South Shore Stars. "We understand the challenges faced by families in finding a specialized education for their children, and we aim to provide a supportive and inclusive environment where all students can thrive. After achieving the academic freedom to excel in all components of

literacy at Stars School, students will seamlessly transition to their public school or school of choice, enabling them to actively participate in community activities and initiatives."

While Stars School & Learning Center will be tuition-based, the organization is committed to providing scholarship programs and subsidy opportunities to ensure accessibility for students in need. The establishment of the new building was made possible through a partnership between South Shore Bank and Mass-Development, delivering a financing package with competitive terms to support South Shore Stars' mission in meeting the diverse literacy, academic, social, and emotional needs of its students.

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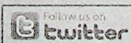
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Public Access Channel 8

Thursday, July 20
6:00pm: Bethany Congregational Church
7:00pm: On the Road w/ Jazzy Bill

Friday, July 21
7:00am-9:10am: LIVE AM Quincy w/ Joe Catalano
11:30am: LIVE: Currently in Quincy

Saturday, July 22
12:00pm: NE FreeJacks Championship Rally
3:00pm: Friends of the Souther Tide Mill Meeting

Sunday, July 23
11:30am: Quincy Point Cong Good News
1:00pm: The Call

Monday, July 24
7:00pm: John Quincy Adams Wreath Laying
8:00pm: Fridays at the Ruth Gordon Amphitheater

Tuesday, July 25
7:00pm: AM Quincy: Mayor Thomas Koch
8:00pm: Library Concert on the Lawn Series

Wednesday, July 26
7:00pm: MassAccess Re: Public Access TV
8:00pm: Thomas Crane Library Presents

Government Access Channel 9

Thursday July 20
4:00pm: Board of License Commissioners 7/18
5:00pm: Zoning Board of Appeals 7/11

Friday July 21
9:00pm: Concerts @the Crane: QHS/NQHS Choirs

Saturday/Sunday, July 22/23
9:30am: For Your Health: Dehydration
10:00am: Good Deeds: Quarterly Update
10:30am: A Conversation with Councillor Mahoney
12:00pm: MA House of Representatives
4:00pm: Board of License Commissioners 7/18
5:00pm: Zoning Board of Appeals 7/11
10:00pm: Board of License Commissioners 7/18

Monday July 24
1:30pm: TCPL Presents: Cooking with Colin
4:00pm: State Library Author Talks

Tuesday July 25
4:00pm: LIVE: Board of License Commissioners
6:00pm: LIVE: Zoning Board of Appeals

Wednesday July 26
6:30pm: For Your Health: Dehydration
7:30pm: Good Deeds: Quarterly Update

Social Security Matters My State Pension Eliminated My Social Security Survivor Benefit

By RUSSELL GLOOR

National Social Security Advisor

at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens

Dear Rusty: My husband of 21 years died in January 2022 at the age of 70. We were both retired at the time of his death, and they immediately stopped his Social Security payments. After many calls to Social Security asking why I was not receiving his benefits, I was finally told since I have my own pension from the State of Ohio that I would receive none of my husband's Social Security.

I cannot see why my OH retirement has anything to do with my husband's Social Security. I do get a small payment from SS based on my past earnings before I worked for the State of Ohio. Is there any chance of fighting this since we were married when they took money from his earnings for SS? If I wanted to write to an elected official to see if these rules could be changed, who would I write to or call?

Signed: Upset Widow

Dear Upset Widow: Unfortunately, your entitlement to a Social Security survivor benefit from your husband is affected by a provision known as the Government Pension Offset, or "GPO," which affects any surviving spouse with a federal, state, or local government pension earned without contributing to the Social Security program. Ohio is one of 26 states which have opted not to participate in Social Security, thus exempting state employees from paying Social Security taxes on their earnings. The OH state pension which resulted from your state employment means that any Social Security benefits earned outside of your state employment are reduced. The GPO reduction to your survivor benefit is severe – a reduction by 2/3rds of the amount of your Ohio state pension, which can – and often does – completely eliminate any SS survivor benefit you might otherwise be entitled to.

For clarity, the monthly SS payment your husband was receiving at his death stops automatically. At that point, your eligibility for additional SS benefits from your husband was assessed and, because of the GPO, Social Security offset your potential survivor benefit from your husband by 2/3rds of your Ohio state pension, which apparently eliminated your survivor benefit. As unfair as this may seem to you, note that the same thing happens to any surviving spouse who also has their own earned SS retirement benefit – their personal SS retirement benefit offsets their SS survivor benefit, so a spouse with a regular SS retirement benefit higher than their deceased spouse's benefit gets no surviving spouse benefit.

FYI, the State of Ohio has an obligation to make clear that by not paying into Social Security your future SS spousal/survivor benefits are affected. Without knowing how that was presented to you during your OH state employment, here's a quote from Ohio's Public Employee Retirement System (OPERS) website: "If you are eligible for Social Security benefits and are receiving a retirement benefit from OPERS, your Social Security benefits may be affected by the Government Pension Offset or the Windfall Elimination Provision. The Government Pension Offset may also affect you if you are eligible for Social Security benefits through your spouse. The Windfall Elimination Provision may affect you if you qualify for Social Security benefits due to your own work history."

In any case, you are certainly not alone in your feelings about how your Social Security benefits have been affected by the GPO. This provision was enacted in 1983 and has been challenged in just about every Congressional session since that time, without success. In fact, there is a legislative bill active in the current Congress – H.R. 82 – The Social Security Fairness Act – which was introduced on the House floor in January and "referred to committee" for consideration. Like all preceding WEP/GPO reform bills, this one sits idle in Committee. If you wish to add your voice to those who oppose the GPO, you should contact your Congressional Representative to solicit action on H.R. 82.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

Two Townhouses Proposed In HN

By SCOTT JACKSON

Members of the Zoning Board of Appeals balked at a proposal to construct a pair of townhouses in Houghs Neck amid opposition from neighbors.

The board on July 11 held a public hearing on Jason Cole's proposal to subdivide the lot at 1247 Sea St. and construct two townhouses on one of the new lots. The applicant was granted a continuance to Aug. 22 after board members said they were opposed to the project.

The lot at 1247 Sea St. contains 10,650 square feet of land and is zoned Business B, according to the city's online property records. A two-family home and a single-family home are presently located on site.

Cole's attorney, Rob Fleming, said his client was seeking to subdivide the lot into two parcels. One parcel, fronting Sea Street, would include roughly 6,900 square feet of land, including the two homes already on site. The second parcel would contain 4,180 square feet of land fronting Homestead Avenue and is where the new townhomes would be constructed.

The duplex-style townhouses would be three stories tall. A single-car garage would be located on the ground floor of each unit, with a driveway that would provide a second parking space for each unit. The living area would be located on the two upper floors of each unit; each unit would have two bedrooms and two and a half bathrooms.

Fleming said his client

has been conscientious of the neighborhood while trying to develop the property.

"Jason invested in this property at 1247 Sea St. over two years ago. He actually has resided in the single family residences," Fleming said.

"This is not a developer coming in to make a buck. Jason has been one of the more conscientious clients of mine. He has actually met a lot of neighbors, he has spoken to a lot of the neighbors with what he is proposing here."

Homestead Avenue is primarily made up of two-family residences "on much smaller lots than what is being proposed here today," Fleming added.

"I know they're non-conforming because they were built many years ago, but it's important for me to point out to the board that what Jason is proposing here is not out of the ordinary compared to what is at that particular neighborhood," he said.

Fleming said his client was seeking a variance for the lot size – the minimum lot size in Business B is 5,000 square feet – as well as one for setbacks.

During the public hearing, five neighborhood residents voiced their opposition to the proposal.

"I just think it's huge," said Candace Gillam of Homestead Avenue. "If you look at the roof line of it compared to the other homes around, it's towering above. It's three stories...It just doesn't fit the neighborhood. They are asking for a variance in the lot size. It is already way too congested. I don't think that's appropriate."

"Homestead is a mess. The parking there is already crazy," said Jess Jordan, a Sea Street resident. "I work overnights, so I get to see the street at all times during the day, and it's always a mess."

Ward 1 Councillor David McCarthy likewise voiced concerns about the proposal.

"I'm not thrilled about this one on Homestead Ave," he said. "It's overpopulated right now. Those houses are in tight. The street hasn't had any good parking, ever."

McCarthy added that he would like to see portions of the Sea Street corridor rezoned from Business B to dissuade future development.

"That's an area there that really should be differently zoned," he said.

The board did receive four letters in support of Cole's application.

"I'm a neighbor of Jason Cole's. He's been my neighbor for little over a year," wrote Sea Street resident Joseph Fallon. "He explained to me that he would like to build another house on the property. I have no problem with him building this dwelling. It is his property and I believe he should be allowed to put up a house if it's zoned for it. That I believe is his right as a land-

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5 Quincy Students On Holy Cross Dean's List

Five students from Quincy have been named to the Dean's List for the spring semester at the College of

the Holy Cross in Worcester.

They are:

Andrew Johnson, Class of 2026; Megan Lovett,

Class of 2026; Quinlan Perry, Class of 2026; Meghan Stravin, Class of 2024 and Grant Ward, Class of 2023.

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Revenge Porn, Hospital Closure Bills Among Sen. Keenan Priorities



Sen. JOHN KEENAN

By SCOTT JACKSON
Sen. John Keenan said he is working to pass several bills, including one that would ban revenge porn and another relative to the closure of hospitals.

The Quincy Democrat discussed those items in a recent interview. Keenan said lawmakers on Beacon Hill have "been a little slow" to enact new legislation this year, but he expects the pace will pick up in the fall.

"It's been a little slow, and that happens sometimes in the first few months of a new legislative session, especially when there is a new governor," he said.

"Committee meetings have been a little more complicated to arrange because we have hybrid committee meetings now where people can testify remotely. Before

it was just a matter of booking a conference room for a period of time. Now you have to book the conference room and book the IT staff to make it hybrid, so that's been a bit of a challenge, so some of the committee hearings have been a little slow off the start. We've had three I think in the elections committee, which is about what they've done in the past. We've been pretty lucky in getting them scheduled.

"The hearings will continue through July, they'll slow a little bit in August, they'll pick up again in September and then you'll start seeing bills released. And then there has to be a decision relative to all bills after the first of the year. They have to be reported out favorably, sent to study or extended, and that occurs after the first of the year. So

things will pick up in terms of things coming out of legislative committees in the fall."

Among the items Keenan hopes to see passed is a bill to ban revenge porn, which would make it a criminal offense to share sexually explicit photographs and videos without consent. Massachusetts and South Carolina are the only two states without such a law on the books.

"That's a bill that would align Massachusetts with 48 other states that have similar legislation," Keenan said. "What the legislation does is basically makes illegal the sharing of explicit or indecent visual depictions of people who have not given their consent to having it shared."

"They may have consented to the photograph or

the image or video being produced, but under Massachusetts law, once they've consented to that, someone can share it without penalty. In most other states, you not only need the consent to film or take the photograph, but you also need the consent in order to share. If you do it in other states without consent, it's illegal. Here in Massachusetts, it's not.

"That bill is designed to address that issue. The stories we hear from people are pretty horrific and it has quite an impact on the victims and their families and communities even, so we're going to continue to push that legislation."

Last year, both chambers in the state legislature passed bills to ban revenge porn. The term ended, however, before a final bill could make its way to the gover-

nor's desk.

Another bill Keenan is pushing would put in place a process that hospitals would have to follow before they close or remove services. He is hoping to amend that bill in light of the sudden closure of Compass Medical, a Quincy-based provider of primary and urgent care, at the end of May.

"When Quincy Hospital closed, one of the issues that came up was that there wasn't a lot of notice, there wasn't a hearing," Keenan said. "For hospitals to open or for hospitals to add services or change services, they have to go through a determination of need process — they have to show that it's needed. If they want to add a maternity ward, they have to do all the analysis and say a maternity ward is needed in this area, there is need for it, and therefore we want to offer it."

"But if they go to take it away, there is no reverse process. This bill basically would provide that there be a determination of need before a service is taken away, and if that need is great, then there obviously has to be efforts to meet that need in the community."

"We're looking to expand it, we've reached out to the committee, because of what happened with Compass. Compass just closed its doors. This would establish a process for an entity like that to follow if they are heading down the path towards closing. It would give the state the opportunity to determine what the need is in the community and to plan accordingly before we get notice that all of a sudden, it's just closed. We're looking to expand the bill to include that."

Another bill Keenan is working to pass would make exams for certified nursing assistants available in languages other than English.

"In the past, the CNA exams were offered in multiple languages. That has changed so they're only offered in English now. For a place like South Cove Manor in Quincy where the patient base is 95 percent Chinese-speaking of some sort, it's tough to find nurse's aides there. For those who do speak the language, it's difficult for them to take the exam in English," he said.

"The idea was, 'oh well, English is the language that is spoken, we want to make sure people can speak English to speak to their patients.' In Quincy at this facility for instance, and it occurs at other facilities in the commonwealth, there

are populations that don't speak English and need other language speakers to communicate, and the exams aren't offered in those languages. This legislation would make the exam and the training materials be offered again, as they were, in multiple languages. It impacts quite a few municipalities, particularly gateway cities."

A separate bill Keenan is working to pass would require insurers to cover 30 days of treatment for substance-use disorders; they currently are required to provide 14 days of coverage.

"We also continue to push the 30-day bill, full access to treatment, so that people who are in substance-use treatment programs, recovery programs, will have up to 30 days covered by their insurer," Keenan said. "Right now it's 14 days under state law, which was passed in the first bill that I was involved with when I was in the legislature and chair of the mental health and substance use. We're trying to get that to 30 days."

In addition, Keenan said he would like the state to make Narcan, the overdose-reversing drug, available at Red Line stations.

"We were able to get in the budget some funding, and hopefully it survives the conference process, that would make... Narcan available at Red Line MBTA stations kind of on a pilot program, but it would run the full length of the Red Line," he said.

"The data that came out on this shows there are clusters of overdoses in and around MBTA stations along the line. Some students from Harvard approached us with the idea, they provided the data from the research they provided, so we were able to get in the budget some funding for that, but we would like to legislation passed to make sure it's done permanently."

"It's just as likely that somebody is going to experience an overdose at a Red Line station as they are a heart attack, and we have defibrillators and things like that available in stations... We just think increased access to Narcan is critical."

Legislative Update From State Sen. John Keenan

By State Sen. JOHN KEENAN

With so much happening in the Norfolk & Plymouth District and on Beacon Hill, it felt like a good idea to keep constituents informed with a new, monthly newsletter.

Each newsletter will highlight the issues of legislation, committee, and local communities we are focusing on each month, as well as some of the other interesting topics that come through my office.

The following is my most recent newsletter.

LEGISLATION:

One of the biggest issues happening on Beacon Hill in June was the \$590 million tax relief package recently passed by the Senate. It includes tax breaks for a variety of Massachusetts' residents and boosts income tax credits for low-income families. I appreciate my colleagues adopting an amendment that I filed to make individual MBTA and ferry fares, including the one serving Quincy, tax deductible.

Unfortunately, the public hearing on S.761, An Act relative to hospital closures and health planning, proved particularly timely. I filed this bill to require networks closing hospitals or terminating certain services to give appropriate notice to the local community and the state, with the goal being to minimize disruptions in patient care. If they fail to meet certain notification requirements, they would lose access to funding and be subject to sanctions from the state. In my written testimony submitted in the wake of the recent closure of Compass Medical, I suggested to the Joint Committee on Health Care Financing that it might wish to modify my bill to place the same notice and process requirements on medical service providers such as Compass.

Unusually, on June 26 I testified on four different health-care bills I filed before a Joint Committee on Financial Services hearing: An Act providing access to full spectrum addiction treatment services, a Resolve establishing a commission to encourage acceptance of insurance by outpatient mental health providers, An Act providing continuity of care for mental health treatment, and An Act relative to removing barriers to non-opioid pain management.

COMMITTEES:

Serving as Senate Chair of the Joint Committee on Election Laws represents a fascinating new responsibility. The issue of ranked choice voting received a great deal of discussion at our June 21 hearing with statewide and local options having been discussed. Unlike traditional ballots, ranked choice voting would have participants rank candidates in order of how much they support them rather than just choosing a single candidate. Proponents assert that ranked choice elections, used in cities like Cambridge and states like Maine, better reflect the views of the voters than traditional elections do. I look forward to closely review-

ing the voluminous testimony the committee has received before working with my colleagues to decide whether to advance all, some, or none of the ranked choice bills.

The June hearing also saw significant discussion on bills that would allow individual municipalities to lower the voting age in their local elections. While advocates differ on what age they would like to see this right lowered to, I am encouraged to see so many young people engage with such passion and precision at the State House.

DISTRICT:

Staying with the theme of promising young people, this June once again saw some terrific graduation ceremonies for schools in the Norfolk & Plymouth District. Congrats to all!

So much work this June was focused on a local environmental issue. In collaboration with several legislative colleagues, I authored letters to the Department of Environmental Protection, Department of Public Health, and the Emergency Management Agency addressing concerns we share regarding the aftermath of the February fire at Clean Harbors' facility in Braintree. My fellow legislators and I have also been attending local meetings regarding the impact of the fire and are working together to ensure we minimize the chances of having repeat incidents in the future.

This past month also featured a successful series of coffee hours my office organized to connect with hundreds of seniors living in the district. These free, public gatherings help me better understand what issues are not just locally impactful but consistently affecting those living in the district. The most frequent topics of conversation included MBTA services like the Ride, the RMV, and gun control.

MISCELLANEOUS:

The conversation around the issue of revenge pornography continues for a second consecutive legislative session as survivors, advocates, and I await a public hearing date for a bill on this topic that I filed in January. Massachusetts and South Carolina are the only two states that do not have a criminal charge for the sharing of explicit images or video without the consent of the depicted subject. I sat down with some of the journalists at Boston25 news to discuss this issue recently and am cautiously optimistic that the increased attention will spread awareness of the bill and result in it becoming law during this legislative session.

June also featured a really great event at the State House to educate legislators on the importance and practicality of naloxone, the nasally-deliverable treatment commonly known as Narcan that can counteract the effects of an opioid overdose before they become fatal. This event brought together legislators and medical professionals to continue the urgent conversation of how we can continue to save lives during the ongoing opioid epidemic.

Keenan Has Questions About Potential DCR Transfers

Including City Control Of Wollaston Beach

By SCOTT JACKSON

Sen. John Keenan said there are a number of questions he would need to see answered before he would consider supporting the transfer of Squantum Point Park, Wollaston Beach and other state-owned properties to the city of Quincy.

As an alternative to those properties changing hands, Keenan suggested Quincy and the Department of Conservation and Recreation (DCR) could come to an agreement whereby the state agency would pay the city to

maintain them.

In a recent interview, Keenan, a Quincy Democrat, said Mayor Thomas Koch had met with members of Quincy's delegation on Beacon Hill to discuss the possibility of the city taking over Squantum Point Park, Wollaston Beach, Quincy Shore Drive and potentially Furnace Brook Parkway from the DCR. The Blue Hills Reservation, meanwhile, would remain under state control.

The senator said there are a number of questions he

would need to see answered before he would consider voting in favor of legislation that would transfer those properties from the state to the city.

"These are my questions: Do we have any idea what the maintenance of Squantum Point Park costs? Do we have any idea what the conditions are out there? Are we certain that there are no longer any issues relating to hazardous waste or soil conditions - do we know that? Do we know what the infrastructure is out at Squantum

Point Park?" Keenan said.

"Do we know what the infrastructure is along Quincy Shore Drive? Do we know what the infrastructure is at Wollaston Beach? Do we know how much it costs or what the process is to re-sand Wollaston Beach? Do we know what the infrastructure is under Furnace Brook Parkway? Have we explored any of those things? And until we have answers to those questions, I will not support the city taking over the DCR property."

It is unlikely that the DCR's budget would be reduced if those properties were transferred from the

state to the city, Keenan said. The city would likely have to add to its budget to account for costs associated with those properties, meaning Quincy taxpayers would be effectively paying twice as much for the same properties, he stated.

"I know, given how state budgeting works and local budgeting works, that if the state were to agree through legislation to give basically the property to the city of Quincy, you wouldn't necessarily see a decrease in the DCR budget and you would see an increase, presumably, in the city budget to pay for all that maintenance, upkeep

and capital improvements," Keenan said. "So the Quincy taxpayers under those circumstances, I feel, would be paying double for the maintenance, operation, infrastructure needs of the... properties, so that would have to be really worked out before I would agree to support it."

"I understand the mayor's frustration as to the condition of some of these properties," Keenan added. "Squantum Point Park is a huge asset. We've never been able to fully address what to do with that parking lot. There are barrels that are

Cont'd On Page 20

Children's Programs, Activities At Crane Library July 20 -26

By JULIE RINES
Children's Coordinator

Thomas Crane Public Library

The following programs and activities for children are scheduled July 20-26 at the Thomas Crane Public Library.

Toy Time Ages 9-23 months

Come to the main library on Thursday, July 20th for a free playtime session with your baby, ages 9- 23 months full of age appropriate toys and activities plus socializing with other children and caregivers.

A fun time for all and a chance to practice large and small muscle development. This program will meet in the large meeting room from 10 to 11 a.m. and is for children ages 9 - 23 months accompanied by an adult.

LEGO Building @ Wollaston Ages 5+

Stop by the Wollaston Branch on Thursday afternoons anytime from 2 to 4 p.m. this summer for free-play LEGO building. Grab some LEGO bricks and build a boat, a spaceship, a double-decker couch - anything you want, then toss them back and try to make something else. LEGOs must be returned by the end of the program, sorry!

Parents please note regular LEGO are intended for children ages 5 and older, DUPLO and other building toys will be available for younger children.

Drop in Crafts @ Adams Shore Ages 3-8

Stop by the Adams Shore Branch on Monday afternoons from 2 to 3 p.m. to do some crafting. Each week we'll have a new craft. Our craft for the week of July 24th is pan pipes.

Can't join us on Mondays? Stop by Adams Shore during

our open hours to pick up a craft to take and make at home, while supplies last.

Tween Tie Dye Ages 10-13

Dress to get messy and join us on the lawn of the Main Library Monday, July 24th at 2 p.m. to get creative with tie dye! All materials will be provided, but feel free to bring something from home to dye just make sure it's dye-friendly material. Cotton is best.

This program is for tweens ages 10-13.

Family Trivia Night @ Adams Shore Ages 7+

Families are invited to come to the Adams Shore Library on Monday, July 24th at 6:30 p.m. and try out trivia night together. Children should be 7+ and accompanied by an adult. We will have a mix of questions ranging from picture challenges and brain busters to solve. So grab your summer thinking caps and come to the Adams Shore Library for a fun night.

Concert with Liz Buchanan @ Adams Shore Ages 2+

Join us at 10:30 a.m. on Tuesday, July 25th at the Adams Shore Branch for a special concert with Liz Buchanan. Families with young children are invited to sing and dance with Liz in this highly interactive program especially suited to toddlers.

Sponsored by Quincy Cultural Council.

Singing Storytime Ages 2-6

Join Ms. Rebekah at the Main Library this summer on Tuesday mornings at 10 a.m. for a weekly singing storytime! All kids ages 2-6 accompanied by an adult are invited to meet in the Children's Room every Tuesday morning in July and August.

Come ready to learn about instruments, sing favorite songs, and learn new songs!

Puppet Tales with Leigh @ Main Library Ages 3+

Join us at the Main Library on Wednesday, July 26th from 10 to 10:45 a.m. where Through Me to You Puppetry invites you to join Newton and his puppet friends for some storytime fun!

Newton and his friends take turns reading stories and singing songs with the kids. At the end of the show, the kids are invited to say "hi" to Newton. Our weekly half-hour show is geared to ages 3-7, but all are welcome!

Sponsored by Quincy Cultural Council and the Friends of the Thomas Crane Public Library.

Two Townhouses Proposed In HN

Cont'd From Page 9

owner."

Following the public comments, all five members of the zoning board said they could not support the variances.

"There is nothing good that could come out of this for the people there," said Martin Aikens, the board's chairperson. "You've already got two homes on his property and I hope he makes some money and enjoys it, but he knows what he bought."

"If you came in here with a single house on it, we'd probably question the size of it," added John Himmel. "I could not vote for this."

Fleming then requested a continuance to Aug. 22

so that he could speak with his client about potential options, including withdrawal. The board agreed to that continuance.

In other business on July 11, the Zoning Board of Appeals:

Continued until Aug. 22 the request of JCBT Architect for a variance to construct a 2.5-story side addition to the home at 28 Furnace Brook Parkway. Aikens and other board members said they felt the proposed addition would be too big.

Granted the request of Patricia Fisher for a variance to tear down the existing nonconforming garage at 50 Hobomack Rd. and build a wider and longer ga-

rage in its place.

Granted the request of Danilo Lopes for a variance to install a 20-foot storage container inside the parking lot at 338 Washington St., which is home to Nilo's Market.

Continued until July 25 the request of Islen Garcia to construct a new two-story addition to the home at 198 Main Street. Board members said they would like an additional parking space included as part of the proposal.

Allowed Xiao Bin Wu to withdraw without prejudice his request to change the business use at 44 St. Ann's Road from online retail to a convenience store. Board members suggested

he could reapply after the nearby DeCristofaro Learning Center opens in 2024, to see what the traffic impact of the new school would be.

Rejected, in a 3-2 vote, the request of Patrick Foley for a variance and finding to add a third story to the existing home at 25 Bayside Rd. Aikens and board member Russell Chin voted against the request after expressing concerns about parking.

Continued until Aug. 22 Foley's request for a variance to raise the rooflines of the existing three-family home at 16 Sixth Ave to increase the living area on the premises. Board members said they would like to see some alterations to the proposal.



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Contact Information

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Phone: 617-657-5355



Class Location

1509 Hancock Street

Quincy, MA 02169

On Monday, July 10, Officer Josh Walker was on patrol in the Quincy Point section of the city. At approximately 5:14 p.m. while operating his marked cruiser on Broadway Street, he observed a male on his front porch who he believed had an active felony warrant for firearms charges.

Officer Walker confirmed with our Communications Division that the warrant was still active. Officer Walker was also aware that back in March the Boston Police Gang Unit recovered a firearm from this male at the same address. During that incident, a Boston Police Officer was injured.

Officer Cian O'Connor arrived on scene to assist. They approached the male, advised him that he was under arrest. The male immediately resisted, a struggle ensued, and a firearm was located on the suspect. Not being able to handcuff the suspect, fearing for their safety and the residents including children in the area Officer O'Connor deployed his department issued taser and drive stunned the suspect several times. As fatigue started to set in the suspect finally released his grip from the firearm and removed his hands from his pockets.

A Job Well Done

By **OFFICER GREGG HARTNETT**
Public Information Officer
Quincy Police Department

The suspect was handcuffed but continued to actively resist the officer's control. Once secured in the back of the cruiser he was transported to Police Headquarters for booking. He was evaluated by Brewster Ambulance but refused medical attention.

He will face charges at Quincy District Court for the following: assault and battery on a police officer, carrying a firearms while under the influence, possessing ammunition without an FID card, possessing a firearm without an FID card subsequent offense and resisting arrest.

Job Well Done!

□

Also, on Monday, July 10, Officers Sean Milliken and

Liz Le were dispatched to the 100 block of Sea Street for a report of a disturbance involving a firearm. Our Communication Division updated responding officers that the caller was reporting that her neighbor entered her residence holding a firearm and was exchanging words with her boyfriend.

Officers made contact with the caller and her boyfriend, who gave more information regarding what had happened. They confirmed that the suspect entered their apartment by way of the balcony, forcing the door open holding a firearm in his right hand.

Sergeant JP Kelly and Officer Mark Smith arrived on scene to assist. Contact was made with the suspect at a neighboring apartment. A firearm was in plain view on the coffee table in the suspect's living room. He refused to exit the apartment and speak to the officers. Fearing for their safety the suspect was placed into hand cuffs. The firearm was then safely secured.

The suspect's license to carry was suspended and he will face charges at Quincy District Court for two counts of home invasion and not properly securing a firearm.

Job Well Done!

QUINCY POLICE CRIME AWARENESS JOURNAL

Entries submitted by the Quincy Police Department

FRIDAY, JULY 7

LARCENY/MOTOR VEHICLE (just happened), 12:51 a.m., McDonald's, 275 Hancock St. Victim transported to 2 Seaport. Report to be filed.

RECOVERED/VEHICLE (scooter), 9:57 a.m., 10 Temple St., Boston. Stolen scooter located in Boston July 6. Clear stolen vehicle. Record cleared.

DISORDER (past), 12:17 p.m., Dunkin Donuts, 687 Hancock St. Female arguing with an employee. Door damaged, report to be filed.

SHOPLIFT (past), 1:10 p.m., Target, 289 Hancock St. Has suspect info on a habitual shoplifter. Report to be filed.

DISORDER, 1:32 p.m., Thomas Crane Public Library, 40 Washington St. Disorder at library. Party was sent on way. Peace restored.

LARCENY, 3:20 p.m., 200 block of Newport Avenue. Uber account being hacked. Report to be filed.

VANDALISM/PROPERTY (door of car), 3:45 p.m., Veterinary Urgent Care Center, 291 Quincy Ave. Advised. Case number provided.

RECOVERED/VEHICLE, 4:51 p.m., Brockton/Thomas Street and Drew Avenue. Owner to have son call for recovery information.

DISORDER (just occurred), 6:26 p.m., Popeyes Chicken, 502 Southern Artery. Reported disturbance, peace restored prior to officers' arrival.

SHOPLIFT (various items), 7:59 p.m., TJ Maxx, 100 Granite St. Report to be filed.

SATURDAY, JULY 8

DISORDER (open line), 12:52 a.m., 60 block Revere Road. No disturbance. Intoxicated friends being loud.

LARCENY (phone), 7:49 a.m., 400 block of Adams Street. Report to be filed.

BREAKING AND ENTERING/PAST, 8:35 a.m., 270 block of Manet Avenue. Report to be filed.

VANDALISM/PROPERTY (van/window smashed), 10:51 a.m., Wollaston Post Office, 5 Beach St. U.S. Postal vehicle appears to be vandalized. Case number provided.

VANDALISM/PROPERTY, 4:49 p.m., 1492 Hancock St. Elderly man dropped his phone into solar trash receptacle. He forced the door open causing damage. Agreed to work out repairs with DPW.

SHOPLIFT (just fled), 8:45 p.m., Seven Eleven Store, 363 Hancock St. Male suspect stole items and fled.

DISORDER (just occurred), 8:58 p.m., 175 Centre St. Peace restored, advised.

SUNDAY, JULY 9

LARCENY/MOTOR VEHICLE (stolen car), 1:14

a.m., 30 block of Cherry Street. Report to be filed.

VANDALISM/PROPERTY (vehicle), 8:35 a.m., Cathay Pacific, 111 Hancock St. Report to be filed.

BREAKING AND ENTERING/ATTEMPT (two black trucks), 190 block of Rock Island Road. Report to be filed.

SHOPLIFT (just happened), 1:21 p.m., Star Market, 130 Granite St. Store recovered items. Suspect fled towards Quincy Center MBTA.

SHOPLIFT (happening now), 3:55 p.m., Star Market, 130 Granite St. Male fled stealing razors. Fled the area unable to locate. Store to handle.

LARCENY/BICYCLE, 8:32 p.m., H-Mart, 101 Falls Blvd. Report to be filed.

DISORDER (male), 8:53 p.m., Old Railroad Cafe, 273 Willard St. Male caused a disturbance, lives in the area. Staff identified house. No answer at the door.

MONDAY, JULY 10

RECOVERED/VEHICLE (motor vehicle stop), 2:35 p.m., Copeland Street and Furnace Brook Parkway. Vehicle recovered. Arrest made.

LARCENY/MOTOR VEHICLE (two trucks), 2:36 p.m., UHaul, 438 Quincy Ave. Report to be filed.

SHOPLIFT (just occurred), 4:34 p.m., Target, 289 Hancock St. Gone on arrival. Report to be filed.

SHOPLIFT, 5:53 p.m., Star Market, 130 Granite St. White male on a bike just stole an umbrella. Took a left on Burgin Parkway towards Burger King. Reporting party provided case number. Does not want to pursue matter. Officer to check area for suspect.

ARMED ROBBERY (just occurred), 8:18 p.m., Seven Eleven Store, 650 Adams St. Caller states a male dressed in all black pointed a black gun at him and took his jewelry. Male fled towards the alley way. Victim is not injured. Unable to locate suspect. Report to be filed.

SHOPLIFT (possible shoplifting), 8:31 a.m., Stop and Shop Supermarket, 65 Newport Ave. Suspect left all items and left store prior to police arrival.

LARCENY (black bag), 8:42 p.m., Papa Gino's, 100 Granite St. Report to be filed.

TUESDAY, JULY 11

ASSAULT AND BATTERY (past), 3:55 a.m., Marriott Hotel, 1000 Marriott Dr. One person transported to hospital. Report to be filed.

LARCENY (bag), 9:05 a.m., Faxon Field, 375 Southern Artery. Bag was taken from the bench. No suspect info. Case number provided.

SHOPLIFT (male shoplift), 1:26 p.m., Home Depot, 177 Willard St. Two persons identified and trespassed by

store staff.

LARCENY (bike), 3:48 p.m., 60 block of Farrington Street. Report to be filed.

VANDALISM/PROPERTY (just occurred), 5:39 p.m., 20 block of Botolph Street. Caller states someone just damaged the glass on the front door and fled. No suspect info or video. Case number provided and advised.

LARCENY (Amazon package), 6:39 p.m., 125 Granite St. Report to be filed.

WEDNESDAY, JULY 12

VANDALISM/PROPERTY (damaged sign and door), 8:23 a.m., Christelle Cleaning Services, 401 Water St. Business owner states two people damaged the door and sign overnight. They have footage of suspects. Report to be filed.

LARCENY/BIKE (past), 10:13 a.m., 30 block of Richie Road. Report to be filed.

BREAKING AND ENTERING/PAST (dwelling), 10:30 a.m., 30 block of Grossman Street. Report to be filed.

VANDALISM/PROPERTY (smashed car window), 10:31 a.m., 20 block of Linden Street. Vehicle has smashed window. Happened overnight sometime. Report to be filed.

DISORDER (male), 12:43 p.m., Burger King, 62 Granite St. Female threatening to smack all the employees over a coupon. Advised and refund. Peace restored.

SHOPLIFT (holding one), 1:23 p.m., Home Depot, 177 Willard St. Female shoplifter. Issued trespass by manager in front of Officer S. Brown.

DISORDER (male), 1:51 p.m., Stop and Shop Supermarket, 495 Southern Artery. Male on pharmacy side fighting with customers. Male left prior to the officers' arrival.

LARCENY (money stolen), 2:10 p.m., 91 Clay St. Report to be filed.

BREAKING AND ENTERING/MOTOR VEHICLE (past), 7:09 p.m., 6 Fort St. Car was broken into overnight. Report to be filed.

THURSDAY, JULY 13

VANDALISM/PROPERTY (mirror), 8:16 a.m., 333 Ricciuti Drive. Case number provided. No suspect or video. May have been done by an animal.

LARCENY (package), 8:54 a.m., Wollaston Manor, 91 Clay St. Report to be filed.

LARCENY/BIKE (blue mountain bike), 6:07 p.m., Quincy High School, 100 Coddington St. Report filed.



SHERIFF PATRICK McDERMOTT (left) congratulates one of the five Justice-Involved Individuals who recently completed the Nurturing Fathers Program offered at Norfolk County Sheriff's Office.

Courtesy Photo

Sheriff McDermott Applauds Justice-Involved Individuals For Completing Nurturing Fathers Program

Sheriff Patrick McDermott recently joined five Justice-Involved Individuals and their families to celebrate their completion of the Nurturing Fathers Program offered at Norfolk County Sheriff's Office.

The 13-week program is designed to teach parenting and nurturing skills to men, providing participants with an understanding of

the stages of child development, responsive nurturing, discipline management and pro-social behaviors.

Addressing the graduates of the program Sheriff McDermott said, "Graduating from this program is a wonderful accomplishment that represents not only a new outlook on life and family, but a commitment to

growth. It represents your growth as a person and a father along with your dedication to your children and their future."

Reflecting on the program, one graduate said, "I realize that being more nurturing to my kids will also help me grow. I think this program has really changed my life."

The Nurturing Father's Program is one of the over 50 educational, vocational and therapeutic programs offered at the Norfolk County Sheriff's Office to Justice-Involved Individuals. These programming options are designed to provide individuals with training and skill sets which will aid in their successful re-entry.

Hood Latch Recall, 'Cloud-Like' Rides, Plugging Tires

*Ask John Paul: AAA New England's Car Doctor
Senior Manager, Public Affairs and Traffic Safety*

There was a recall concerning the hood latch on my 2015 Chevy Spark last August. To date the Chevy dealer keeps telling me that the part hasn't become available yet. This concerns me as it involves the possibility of the hood flying open and I definitely don't want that to happen while I'm driving!

Since the problem is corrosion related, the first thing I would do is inspect the hood latch for any signs of excessive rust or corrosion. I would also add additional lubrication to the latch if it seems to be sticking. According to the recall, the issue is the secondary latch, which means the primary latch – the handle that you pull – would have to be engaged first before the hood can open. If this were my car, I would make sure the hood is always firmly shut. I would also check periodically with the dealer to see if the updated parts have come in yet. Of the 120,000 Chevrolet Sparks that are a part of the recall there have been 22 incidents of the hoods opening and one injury. Not to say that it couldn't happen, but the odds are pretty low.

I have a 2016 Subaru Outback purchased new. Including the battery that came with the car, it has had five new batteries in 41,000 miles. Apparently certain Subaru models have a parasitic battery drain problem, which Subaru is aware of. There have been several lawsuits filed, the outcome of is that Subaru will replace a bad battery in some cases. Long story short: do you know of, or heard about, any permanent fixes? Dealers just keep telling me I have a bad battery, so I've given up trying that direction. A Subaru spokesperson called me and suggested I have the car towed to a dealer next time it won't start. Ok, so I have to pay for a tow to have them tell me I have a bad battery. I just want to know why and what can be done. I like the car otherwise and really don't want to have to buy a new one. I'll spend the money to fix it if it will solve the problem. Help!

There are a couple of issue with some Subaru vehicles and their batteries. The first issue, like so many cars, when the engine is off there is still electrical drain on the battery. The factory battery doesn't appear to have enough of a reserve capacity to handle this constant current drain. The first fix is to install a larger batter with more capacity. The second issue is that the alternator/generator doesn't always charge the battery. This charging profile is in an effort to improve fuel economy. Depending on how the vehicle is driven the battery may never receive a full charge. The "fix" for this is Subaru has updated the car's computer to improve the charging profile. Readers have told me that once a bigger battery is installed and the charging profile has been updated the car behaves as designed.

My Hyundai Sonata was fine and driving with no issues until one day on the way home from work, the interior lights on dashboard and stereo went a bit dimmer. We got home the car wouldn't start, but the lights are still on in the interior, so it is not the battery or alternator. My non-expert opinion is, the key fob battery finally died and needs to be changed, because approximately two weeks prior to this both keys were showing low battery. So, in your expert opinion, with no other issues, do you agree with the battery in the fob possibly being the problem?

Although the key fob battery may need replacement, it will have no effect on the dash lights, radio or much else. Yes if the key fob battery is low the push button start won't work (although usually pushing the button with the fob will start the car). I suspect your car has a weak alternator which has caused the battery to become discharged. At this point, have the battery and charging system tested.

I bought a 2010 Honda Accord V-6 for my daughter two years ago. It only has about 50,000 miles but seems

Do you have a car question?

Every question gets a personal reply.
Email John jpaul@aaanortheast.com

to have a recurring issue with fouled cylinders. It's happened four times and wondering if these engines have a history with this issue and how to best resolve it.

This is a pretty common with this make and model. The fix is a computer update and if that doesn't work then it will take a major overhaul of the engine which includes updated piston rings. Considering the car is 13 years old and the cost of rebuilding the lower end of the engine, it probably only makes sense to get a slightly hotter spark plug to prevent oil fouling.

I have suffered with chronic pain since 2006. I am writing to ask if you know of any vehicles with an extremely smooth ride. I have tried Buick, Cadillac, Mercedes, Lexus and most of the well-known makes and models that used to be known for their ride. I can actually feel the vibrations from asphalt line patches made to the road. Mercedes had an option called Active Body Control that also seems to be what I am seeking but they are extremely rare. Lexus has an option called active power stabilizer suspension system, but I have yet to find any used vehicle with this option. Do you have any recommendations for a new or pre-owned vehicle under \$60,000 that has that true "riding on a cloud" feel? It is also important that it has very comfortable seats.

Today vehicles handle better than ever. The combination of larger, wider tires and better suspension systems make even SUVs handle almost like a sports car. But what is missing is the floaty, soft ride of cars of the last decade. The active suspension helps but still it is as much about the handling as the soft ride. If I were looking, it would be for a Toyota Avalon, Lexus ES, Lexus LS, Genesis G90, Lincoln Continental. I would stay away from any car that had touring or sport suspension. These cars will handle better but ride firmer.

I have a 2021 Toyota RAV4 hybrid, with only 10,100 miles on it, and it is still under warranty. My radio all of a sudden will have no sound for about 20 seconds after driving about 1/4 mile when first starting the car from being parked overnight. If the car has sat all day at work, it will do the same thing. The sound does come back on after the 20 seconds wait or if I push the power button off and on. Any recalls or service bulletins?

I checked for technical service bulletins in the AllData database and found several software updates for the audio system. Although they do not exactly fit the issue you are having with your vehicle, in my opinion they are close enough to have the audio software update performed.

My Toyota Corolla has 110,000 miles on it, and I have been keeping up with regular maintenance. What should I be on the lookout for as far high mileage maintenance goes?

Keep doing exactly what you are doing. Check fluid levels regularly, have the oil and filter changed based on the type of driving you do. Check the cooling system for proper operation and overall condition. Carefully inspect drive belts, coolant hoses brakes and suspension. Periodically have a technician put the car on a lift and inspect for premature rust and look for driveline fluid leaks. With a little care your car should last many more miles.

I recently was changing the cabin air filter and the engine air filter on my car. I purchased name brand not factory filters. The cabin filter was a perfect match, the engine filter was close but not perfect. I ended up returning the air filter and went to the dealer and purchased



JOHN PAUL
AAA's Car Doctor

the factory filter. Any thoughts on this - should I have used the aftermarket filter?

I recently found the same thing on one of our cars. I was replacing the air filter and the aftermarket one was close, and I am sure would have worked, but I did not like the fit. I purchased the factory filter online and even with shipping was cheaper than the aftermarket filter from the auto parts store. When possible, I prefer to use factory filters and belts, I find the fitment better overall.

With all the talk of electric vehicles from vehicle manufacturers who seem to not be able to make a profit, only some cars with really long range batteries to poor charging infrastructure and non-working charging stations, do you think electric cars are still the way to go?

I believe that electric cars are one of the choices, and not perfect for everyone. Currently this is the "golden-age" of the automobile. You can buy an electric car, hybrid, plug in hybrid or a gasoline car and even a diesel. The future will offer more choices on incredibly low emissions vehicles, with hydrogen powered electric cars and even hydrogen used as fuel. Toyota recently introduced a hydrogen internal combustion engine. Locally an old friend of mine just received a patent for an engine design that promises high efficiency, low emissions and can burn any fuel. To learn more about the Kimat Engine go to <https://www.kimatlab.com/kimat-engine/>.

I own a 2010 Hyundai Elantra Touring (80,850 miles). It has a rough ride for an old guy like me. Would higher profile tires improve my riding comfort? My car tires are 195/65 on 15" rims. Should I get 195/70 or 195/75 tires on 14" rims?

The low-profile tires are one of the reasons your car has a stiff, rough ride, but that model also has a stiffer touring suspension. Replacing the wheels and tires may give you a slightly better ride, but in my opinion would not be worth the extra cost. In addition, at 13 years old the suspension has likely started to sag adding to the rough ride. If it were my car, I would just live with it.

I just read an article about plugging tires and now I am confused. I have read that you only recommend a plug/patch combination. Is that still the case?

The approved method to repair a tire is to take it off the rim, inspect the tire for damage and then use a combination plug/patch. The patch seals the tire, the plug portion keeps water from entering the tire. Now, have I plugged a tire, yes, in an emergency (in fact I keep tire plug kits in my emergency kit in my cars). Once I am back on my way, I get to a good tire store and have the tire inspected and properly repaired.

I have been driving regularly on Interstate 95 between New York, Connecticut, Rhode Island, and Massachusetts during the evening hours. It has become increasingly dangerous due to vehicles driving without headlights and taillights engaged in the dark of night. How can we as a country mandate that vehicle manufacturers must always ensure that all exterior lights come on when a vehicle is turned on? Statistics indicate that we are at least 10 percent safer day and night when front and back lights are on.

At AAA we recommend lights on for safety at all times, the vehicle is just that much more visible. Although there is no mandate for automatic headlights today many new cars have them. I road test and evaluate about 50 cars per year and cannot think of any vehicle that did not have a setting for automatic headlights. Even my 2018 Hyundai has an automatic headlight setting. My wife's VW has daytime running lights and that is a problem because at night it seems as if the lights are on, but the rear lights are not on. But that car is eight years old. Since the average car on the road today is 12 years old and it will take many years until all cars have automatic headlights. So, at this point we are left with education and laws that require lights on in inclement weather and after sunset.

Cont'd On Page 20

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Real Estate

Quincy Real Estate Transactions July 10 - July 14

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Barbara E. Pyne
Anthony Mound
Michael J. & Kathleen M. Quirk
William C. Doherty & Jamey H. Frank
Patrick & Maeghan Bateson
John F. & Caroline M. Mannion
Lisa L. Mui
Candor Realty Investment Group LLC
Hung T. Truong & Emma Lam
310 Washington Street LLC
Marc Heddy & Brandon Tang
Patrick D. & Jeannine K. Higgins
Nancy M. Fallon
Thomas C. & Jean Herlihy
Francis E. & Susan K. McHugh
Jian F. & Mei Z. Chen
Timothy E. & Lauren G. Barry
Richard Crowley
William E. & Madeleine R. Noland
Michael Sowsy Revocable Trust

Quincy Holdings LLC
Joan L. Pagnano Trust
Timothy J. Lynch
Beau Jackson Properties LLC

BUYER

Abnish K. Singh & Ruchika Manaktala
Spyro Varetimos
Rudenc & Gentiana Bunguri
Shannon O'Neil
Peter & Melissa Kovach
Dong D & Xiao X. Zhang
Hong Zheng & Yulong Huang
New Engine Inc
Nga T. Tang
Washington Three Ten Nominee Trust
New Point Properties LLC
Joseph T. King & Jessica A. Marron
Brenda Coughlin
Andrei Zholnerkevich
Minchuan & Nana Zou
Gloria B. Patel
Miaoling Zhao
Meiqi Li
Jiaye Zheng
Paul M. McGuiggan 2013 Revocable Trust &
Paula J. McGuiggan 2013 Revocable Trust
Loc-Tuong T. Nguyen & Dong-Khoa D. Pham
Kiley Realty Trust
Hong Yang & Ming L. Wu
BNE Properties LLC

AMOUNT

\$560,000.00
\$330,000.00
\$1,070,000.00
\$530,000.00
\$950,000.00
\$919,000.00
\$790,000.00
\$740,000.00
\$330,000.00
\$2,300,000.00
\$780,000.00
\$462,000.00
\$925,000.00
\$900,000.00
\$825,000.00
\$475,000.00
\$800,000.00
\$530,000.00
\$685,000.00
\$1,900,000.00
\$999,000.00
\$525,000.00
\$470,000.00
\$2,600,000.00

ADDRESS

179 Sea Street
200 Cove Way Unit 113
36 Roosevelt Road
152 Quincy Shore Drive Unit 27
31 Stoney Brae Road
382 Beale Street
50 Newton Avenue
64-66 Arnold Street
94 Newbury Avenue Unit 108
310 Washington Street
999 Hancock Street Unit 401
655 Sea Street
43 Myopia Road
73 South Central Avenue
43-45 Vane Street
90 Quincy Shore Drive Unit 402
80 Clement Terrace
21 Village Drive Unit 2-2
36 Birch Street
30 Sunrise Road
898-900 Southern Artery
54 Village Drive Unit 5-2
16 Glenview Road
31, 33, 35 & 37 Revere Road

'Suits For Success' Program Donates To The Bureau Drawer

Norfolk County Register of Deeds William O'Donnell recently donated a car load of smart casual clothing and business attire totaling more than 100 articles of clothing to Interfaith Social Services' the Bureau Drawer thrift shop in Quincy through the "Suits for Success" program.

For many people, it is common to have a section in their closet that is reserved for seldom-used clothes. Some may have updated their wardrobe or are working from home and no longer use the same amount of business attire. These seldom-used clothes can find a new purpose and have a dynamic impact on someone's life. They can be provided for free to those in need, sold at a lower price

for individuals on a budget, or used to raise money for community aid projects.

"It makes me feel great to know that these donations have come in from people all across Norfolk County, if it weren't for the donors we would be out of business," said Charlene Manning, the manager of the Bureau Drawer thrift shop. "We really do appreciate them, they are our bread and butter."

Since 1975, the Bureau Drawer has provided quality clothing and household goods to those in need. In addition, the Interfaith Social Services Career Closet provides free business attire to individuals with job interviews, internships, or those returning to the workplace who need formal clothing, but may not have the funds available.

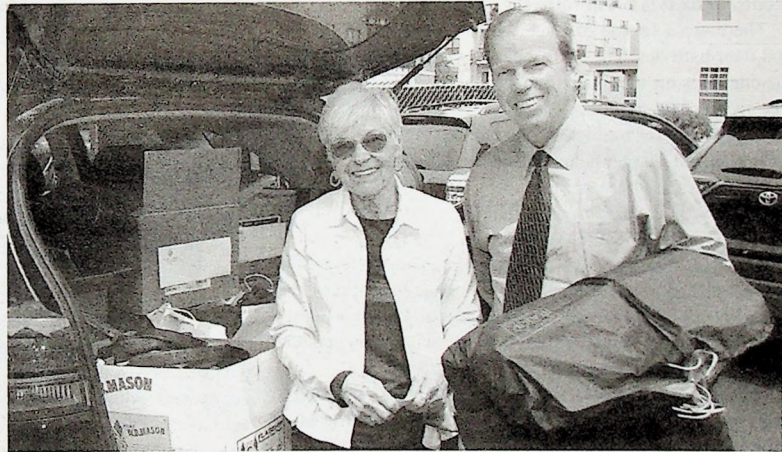
"We're happy to assist Interfaith Social Services, the Bureau Drawer," O'Donnell said. "I thank all

those who donated to our 'Suits for Success' program, and I hope other local residents and businesses will consider making a clothing donation. The program is truly needed, and it's a great resource for the community."

Interfaith Social Services mission is to provide South Shore residents with the resources necessary to support a healthy and fulfilling life. They focus on alleviating hunger, providing mental health counseling, preventing homelessness, and bringing joy to children.

"The majority of people working here are volunteers, we could not operate without their support they are awesome and top notch," said Manning.

All the proceeds from the Bureau Drawer go to the food pantry, mental health counseling, homelessness prevention, and backpacks filled with supplies for children.



NORFOLK COUNTY Register of Deeds William O'Donnell shows Charlene Manning, the Bureau Drawer Thrift Shop manager, the more than 100 articles of smart casual clothing and business attire donated through the "Suits for Success" program.

Courtesy Photo

Since the Registry started the "Suits for Success" program in February 2009, it has collected more than 10,000 articles of clothing.

"Programs like Interfaith Social Services Career Closet and our own 'Suits for Success' have given many people a valuable resource to help them on the path to success," said O'Donnell. "These programs not only

provide appropriate attire for interviews, but they also help boost confidence and increase the chances of an individual securing an employment opportunity."

The "Suits for Success" program, developed by Register O'Donnell, partners with groups like Interfaith Social Services of Quincy, Father Bill's & MainSpring of Quincy, the Veterans Af-

fairs Boston Healthcare System Voluntary Service Program, Circle of Hope in Needham, United Parish's Thrifty Threads, Suits and Smiles in Jamaica Plain, and InnerCity Weightlifting on our 'Suits for Success' program to assist those who are in need of clothing as well as household items. The mission of "Suits for Success" is to collect donations of suitable clothing to be distributed to individuals who may need appropriate attire for employment interviews.

"I am proud that the 'Suits for Success' program and its partnership with numerous local community support organizations have been able to provide support for so many," said O'Donnell. "It is rewarding just to help others in our community who are less fortunate."



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RIDING A TOURIST TROLLEY, players of the Major League Rugby champion New England Free Jacks acknowledge their fans as they travel down Merrymount Parkway for a celebration rally inside Veterans' Memorial Stadium last Saturday. Here you can see several players holding The Shield trophy presented to the champs after the Quincy-based team defeated San Diego for the league title in suburban Chicago July 8.

Quincy Sun Photos/Robert Bosworth



YOUNG NEW ENGLAND Free Jacks fan celebrates the team's championship at the team rally last Saturday in the "Fan Zone" at Veterans' Memorial Stadium.

'City Of Champs' Salutes Free Jacks Rugby Crown

By TOM JOYCE

Several hundred fans — many snapping photos with cellphones and cheering from the sidewalks lining Hancock Street and Merrymount Parkway — gathered to celebrate the New England Free Jacks at Veterans'

Memorial Stadium last Saturday.

Along with members of the Free Jacks organization, and Quincy Mayor Tom Koch, the fans gathered to commemorate the team winning the 2023 Major League Rugby champion-

ship the previous Saturday. The Free Jacks capped off their 14-2 season with a 25-24 championship game victory over the San Diego Legion on July 8; it was San Diego's only loss all season.

It was the first championship for the team that was

established in 2018 and has called Quincy home for the past three seasons.

At the celebration, Mayor Koch praised the Free Jacks and said they have been a great addition to the city.

"We want to say 'thank

you for choosing Quincy,'" Koch said while giving a brief speech. "Thank you for being a great partner. Thank you for investing here. We have great commerce in Quincy, and you've brought a great energy, excitement, and enthusiasm to this city,

and forever we'll be grateful."

Free Jacks CEO Alexander Magleby praised Quincy for embracing the team. He noted that its home game attendance increased by 30 percent this season. The

Cont'd On Page 16

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'City Of Champs' Salutes Free Jacks Rugby Crown

Cont'd From Page 15

Free Jacks had multiple instances where they sold out Veterans' Memorial Stadium this past season; the venue seats about 5,000 people.

"The sport of rugby has a values system that can bring a lot of people together," Magleby told the crowd. "A lot of people haven't been exposed to that, so let's create a world-class club that allows people to have live events that are enjoyable, accessible, where the community can come together from all different walks of life and have these shared experiences together to have joy."

Magleby also noted that, historically, the Free Jacks have the best winning percentage in Major League Rugby: 71.2 percent.

The Free Jacks have fared even better at home, winning over 90 percent of their matches at Veterans' Memorial Stadium.

Free Jacks general manager Tom Kindley praised the fans for contributing to that strong home winning percentage. He said their enthusiasm makes it a difficult place to play for the opposition.

"Just a massive thank you to everyone who is a part of this Free Jacks family," Kindley told the fans. "There's a reason why Veterans' Memorial Stadium in Quincy is the hardest place to play in Major League Rugby, and it's you guys."

The increased interest in the Free Jacks is part of a bigger cultural phenomenon, Free Jacks head coach Scott Mathie told the fans. He said it coincides with the growth of rugby in the United States and is proud that the Free Jacks and their fans are a part of it.

"It's happening before our eyes, the growth of rugby in this country, and I feel like we're at the epicenter of it," Mathie said.

Cont'd On Page 17



FREE JACKS FAN raises his arm in celebration as the New England Free Jacks ride in a tourist trolley down Merrymount Parkway towards the gate at Veterans' Memorial Stadium for a rally last Saturday celebrating their Major League Rugby championship. Here one of the players holds "The Shield" trophy for fans to see along the procession. The trophy is presented to the winner of the Major League Rugby championship.

Quincy Sun Photos/Robert Bosworth



SEVERAL HUNDRED fans celebrate the New England Free Jacks Major League Rugby championship last Saturday in the "Fan Zone" at Veterans' Memorial Stadium. The Free Jacks play their home games at the stadium.



NEW ENGLAND FREE JACKS rugby champs hold the Shield – Major League Rugby's championship trophy - and the Eastern Conference trophy cup (left) at a rally celebrating their championship season last Saturday at the "Fan Zone" inside Veterans' Memorial Stadium.



BEFORE THE RALLY fans lined Hancock Street and Merry-mount Parkway outside Veterans' Memorial Stadium as they greeted and cheered the Free Jacks championship procession into the "Fan Zone."

'City Of Champs' Salutes Free Jacks Rugby Crown

Cont'd From Page 16

"That's down to you guys who buy into the product, buy into what these guys are putting out," he added. "It really does wonders, and it's going to do wonders moving

forward."

Several Free Jacks players were also present for the celebration, including team captain Josh Larsen, a lock who also competes for the Canadian national rugby

union team.

Larsen, who has been with the Free Jacks since 2020, said the team has grown a lot since the days it called Union Point in Weymouth home.

"I think today just how far we've come," he said.

Cont'd On Page 25



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• All boys and Girls ages 4-under up to 13-14

• Age as of Day-of-Meet

• Ribbons to all Finishers -

• participant ribbons for field events with performance written on it. Given to athletes as proof of registration

all hurdle races for both genders will run beginning at 6:00pm. 5-6 on backstretch, 13-14, 11-12, 9-10, 7-8 on homestretch) followed by 800meter races for 13-14, 11-12, 9-10yrs: (both genders together)

Then.....

Girls Running, Boys Field - after last girls event and mini dash we switch

• 400m 13-14, 11-12, 9-10, 7-8, 5-6 (all scratch start - no lanes)

• 100m 13-14, 11-12, 9-10 —(5-6, 7-8 along backstretch)

• 4-under mini-dash for boys and girls at the 50 yard start on homestretch after last girls running event. Then boys running events begin. ALL HEATS ARE A FINAL. DASH HEATS WILL BE ORGANIZED BY ABILITY.

Field events offered: each contestant will receive two attempts

• Standing Long Jump ages 5-6, 7-8 at south (police station) end of track.

• Turbo-Javelin ages 5-6, 7-8 300gram (under south goal post)

• Running Long Jump 9-10, 11-12, 13-14 (west (finish line) pit)

• Turbo-Javelin 9-10, 11-12, 13-14 500gram (at North (Quirk Building end) Goal Post)

• Shot-put 9-10, 11-12, 13-14 (shot-put area INSIDE of track in discus cage) 6-lb /4k

For more information contact Meet Director Geoff Hennessy at Quincytrackclub74@gmail.com or 617-510-1456

QC Hoop Sends Six To NCAA, NAIA Programs

Six members of the 2022-23 Quincy College men's basketball team are preparing to continue their collegiate athletic careers this fall, having parlayed their success on the court and in the classroom into opportunities at well-respected NCAA and NAIA schools.

The six are just the latest Granite basketball players to use their Quincy College experience to advance to the next level: since the 2017-18 season, a total of 15 of Head Coach Doug Scott's hoopsters have made the transition to four-year programs, a track record that's unmatched among regional community colleges.

The transfer placements from last year's team (which

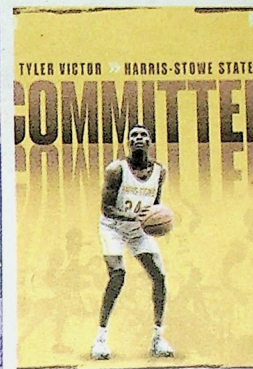
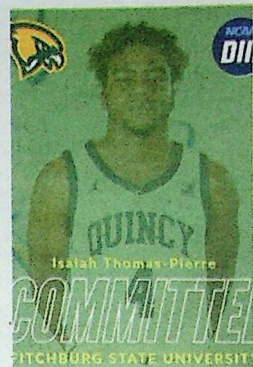
finished 20-9 and earned a second consecutive berth in the NJCAA Region 21 post-season tournament) are:

- Forward Grant Smith to East Carolina University (NCAA Div. 1)
- Guard Tony Palavra to Roberts Wesleyan University (NCAA Div. 2)
- Guard Isaiah Thomas-Pierre to Fitchburg State University (NCAA Div. 3)
- Forwards Derek Williams and Ethan Daleba to Waldorf University (NAIA)
- Forward Tyler Victor to Harris-Stowe University (NAIA)

"We're tremendously proud to see these student athletes moving on to such impressive programs," said Coach Scott. "It's been a

privilege to be part of their development as student athletes and to see their hard work rewarded. They join an impressive list of Quincy College basketball alumni who've graduated from our program with a strong foundation for the future."

"When it comes to helping our student athletes take their game to the next level, the Quincy College basketball program is in a class by itself," said College President Dr. Richard DeCristofaro. "Coach Scott and his assistants — along with Athletic Director Jack Raymer — foster an environment where athletics complement academics and student athletes are positioned to succeed wherever their journey may take them."



TOMMY HYDE (left). Photo Courtesy Garreth Croke



THOMAS O'TOOLE (right). Photo Courtesy Emily Harney / Fightography

Tommy Hyde, Thomas O'Toole In Boxing Showcase

Like some of their fellow countrymen in the past, undefeated Irish light heavyweight prospects Tommy Hyde (5-0, 3 KOs) and Thomas "The Kid" O'Toole (7-0, 5 KOs) have traveled across "the pond" from their native Ireland to Boston in order to enhance their professional boxing careers.

They will both be fighting Aug. 11th (Aug. 12th rain date) on the "Veterans Stadium Showcase" Pro-Am card, presented by Granite Chin Promotions (GCP), at Veterans' Memorial Stadium in Quincy.

"This card wouldn't be complete without some Irish flair to it," GCP president Chris Traietti said. "With that said, I didn't want just any Irish fighters on the show. I wanted two of the hottest prospects. Working with both guys has been a pleasure. Their teams have been great. Their fan-bases are in for a treat come Aug. 11th."

They've built solid fan-bases of Irish natives who now live in the United States, as well as Irish American boxing fans, just like their predecessors from the Emerald Isle, world champion Steve Collins and Mike Tyson-conqueror Kevin McBride.

Although Hyde and O'Toole will be fighting in separate six-round bouts

this could be a prelude to a showdown between the Irish light heavyweights. They fought twice as amateurs with each winning one and in the future, they could be matched against each other once again, only this time as professionals.

The 24-year-old Hyde is a three-time Irish National Champion who had an 80-26 amateur record. His father, Gary Hyde, is an international matchmaker who has represented numerous world champions.

"I am delighted to be fighting in Boston again," Hyde said. "It's like a second home now. I have a lot of family and friends living there and they all show me great support when I'm fighting there. It's a big boxing city and it's great to be following in the footsteps of Steve Collins and Kevin McBride who I really admire."

"I fought all over the world as an amateur in 2019. I fought outdoors in a multi-national tournament in Odessa, Ukraine. It was a really good experience, so I'm really looking forward to fighting outdoors in a Boston stadium."

"This will be the second show we shared since we've been pros and it probably won't be the last. A fight between us could be big down the line in Boston or Ireland."

He's an Irishman like me, so I'll be supporting him until we fight just like any other Irish boxer."

Hyde faces an opponent to be determined.

O'Toole, 25, is another celebrated Irish amateur boxer who captured top honors in the Haringey Box Cup and Irish Elevate final, in which he dethroned Hyde. "The Kid" won 51 of 60 amateur matches. Ten Years ago, O'Toole fought outdoors for the first and only time in an amateur show at Boston City Hall, arranged by then-Boston Mayor Marty Walsh.

A southpaw, O'Toole lives in nearby Braintree. Six of his seven pro matches have been held in Greater Boston, the lone exception in Manchester, N.H. "The Kid" is moving up one division to fight Massachusetts cruiserweight champion Scott "Scottie Bombs" Lampert (5-8, 4 KOs) for the vacant United States Boxing Federation (USBF) cruiserweight crown.

"Fighting outdoors does make a difference," O'Toole commented, "especially if it's hot and humid. I couldn't prepare for fighting outdoors here in the summer if I was training in Ireland. We don't have hot and humid weather there. I've been training here in this weather."

Cont'd On Page 19



VETERANS STADIUM BOXING SHOWCASE

A NIGHT TO GIVE BACK TO THOSE WILLING TO GIVE EVERYTHING

FRIDAY 8.11

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CO-FEATURE

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USBF MIDDLEWEIGHT CHAMPION
VS
JAMER JONES
MASSACHUSETTS MIDDLEWEIGHT CHAMPION

ALSO FEATURING

FRANK "THE TANK" HOGAN

FIRST BELL 6:30PM • TICKETS: [EVENTBRITE.COM](https://www.eventbrite.com)
VETERANS MEMORIAL STADIUM, 850 HANCOCK STREET, QUINCY, MA
>> RAIN DATE: SATURDAY 8.12.23

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Mass Bay Credit Union Appoints Joseph Scianatico VP Of Retail Services

The Board of Directors and the chief executive officer of Mass Bay Credit Union (MBCU) announce the appointment of Giuseppe (Joseph) Scianatico to vice president of Retail Services.

In this role, Scianatico is responsible for oversight of the credit union's branch network and call center, while ensuring consistent and continuous customer service to its members.

"Joe is a welcomed contributor to the staff and members of Mass Bay Credit Union," said Chief Executive Officer Terry Dorilas. "In his role leading and managing our branches and call center, Joe Scianatico also plays a vital role in the communities we serve. His networking, volunteerism, and interest in supporting the financial goals of our members are just a few of the reasons we feel Joe is a perfect fit for the role."

Based in MBCU's headquarters in South Boston, Scianatico has worked in retail branching for commu-



GIUSEPPE (JOSEPH)
SCIANATICO

nity banks, with a focus on sales and service, for nearly 20 years. A graduate of the New England School of Financial Studies at Babson College and an attendee of the Stonier Graduate School of Banking, Scianatico is a contributor to the MBCU Senior Management Team.

Founded in 1936 as a credit union for MBTA employees, Mass Bay Credit Union has since expanded to include the local communities it serves. As a not-for-profit organization, MBCU puts people, not institutional profit, at the forefront of its mission.

Tommy Hyde, Thomas O'Toole In Boxing Showcase

Cont'd From Page 18

It's amazing how the weather can zap your strength. It did have an effect on me when I fought in Boston outdoors as an amateur.

"Tommy and I have gone our separate ways as pros, but our paths may grow down the line. We haven't seen much of each other when we fought on the same card here. He is coming on very well in the pro ranks. He has a good man behind him in his father, Gary, and I think Tommy can go far. He's said that a fight between us can easily be made if it makes sense. I agree. We both have big fan bases. This is going to be an amazing, fun night."

Irish eyes will certainly be smilin' Aug. 11th in Quincy.

In the eight-round, main event, former New England Welterweight Champion Mike "Bad Man, Ohan, Jr. (18-2, 9 KOs), of Holbrook, and Haverhill's Harry "The Hitman" Gigliotti (9-4, 3 KOs), reigning AFB Atlantic super lightweight title holder, will throw-down in a non-title fight.

United States Boxing Federation (USBF) Champion Julien "Black Dragon" Baptiste (5-3, 2 KOs), of Woburn, and Massachusetts titleholder Jamer Jones (3-1, 3 KOs), of Pittsfield, are in a middleweight unifica-

tion bout for their titles in the eight-round co-featured event.

Gigliotti's stablemates, undefeated Lowell lightweight Gabriel "The Menace" Morales (7-0, 4 KOs) and unbeaten Methuen middleweight Luke "The Quiet Storm" Iannuccilli (6-0, 3 KOs) will also be in action, respectively, versus Nathan Benichou (2-16-1, 2 KOs) and Ryan Thomas Clark (2-4, 1 KO).

Also fighting on the undercard is undefeated middleweight prospect Francis "Frank The Tank" Hogan (14-0, 13 KOs), of nearby Weymouth (MA), will be in action, as well as Scituate heavyweight Kevin Nagle (2-0, 2 KOs), vs. TBAs. Hogan was a celebrated amateur who was a 2020 USA Boxing Olympic Team alternate as well as a 2010 New England Golden Gloves champion.

Card subject to change.

Tickets for "Veterans Stadium Showcase," are on sale and available for purchase online at www.EventBrite.com.

Sponsorship opportunities are available by contacting Traietti at chris@granite-chin-promotions.com for details.

Doors open at 5:30 p.m. with the amateur matches starting at 6:30 p.m., pro card commences at 8 p.m.



OFFICERS AND MEMBERS of Squadron 294 of the Sons of The American Legion, Cyril P. Morrisette Post, aided by the cadets of MA 841, U. S. Air Force Junior ROTC, North Quincy High School, recently stowed and stored away the 400-plus flags from the Flags for Veterans Island in Fort Square. The flags were displayed for the Memorial Day - Independence Day period and will be reinstalled prior to Veterans Day. *Courtesy Photo*

American Pickers To Film In Massachusetts

The American Pickers are returning to Massachusetts. They plan to film episodes of The History Channel hit television series throughout the area in August.

American Pickers is a documentary series that explores the world of antique "picking" on The History Channel. The show follows skilled pickers in the business, as they hunt for America's most valuable antiques. They are always excited to find historically significant or rare items, in addition to unforgettable Characters and their collections.

As they hit the back roads from coast to coast, the Pickers are on a mission to recycle and rescue forgotten relics. Along the way, they want to meet characters with amazing stories and fun items. They hope to give historically significant objects a new lease on life while learning a thing or two about America's past along the way.

The Pickers have seen a lot of rusty gold over the years and are always looking to discover something they've never seen before. They are ready to find extraordinary items and hear fascinating tales about them.

American Pickers continues to follow all COVID guidelines and protocols for safe filming outlined by the state and CDC.

The American Pickers TV Show is looking for leads. The Pickers do not pick stores, flea markets, malls, auction businesses, museums, or anything open to the public.

Exploring The Principles And Foundations Of Islam With OLLI July 27 At Crane Library

The Thomas Crane Public Library invites the public to explore the principles and foundations of Islamic morality, revealing the timeless wisdom and guidance that underpins this profound system of thought on Thursday, July 27, from 1:30 to 3 p.m. with visiting research fellow Muhammad Iqbal Uddin Arif.

With insights from leading scholars and thinkers in the field, this program offers a comprehensive and nuanced understanding of Islamic ethics. Students and curious minds alike are invited to deepen their understanding of Islamic ethics and morality. Delve into the heart of Islamic ethics and unlock the transformative power of this progressive and enduring system of thought.

This program is presented in partnership with OLLI.

Muhammad Iqbal Uddin Arif is a visiting research fellow in the Conflict Resolution, Human Security, and Global Governance Department of the McCormack Graduate School at UMass Boston. His research focus lies at the intersection of climate change and governance, with a specific emphasis on conducting a thematic analysis of the environmental regime in Pakistan.

Iqbal holds a bachelor's degree in English literature and linguistics and a master's degree in governance and public policy. During his master's studies, he explored the intricate dynamics between religion, cultural norms, and women's electoral participation, unveiling the obstacles hindering their political engagement. Religious studies have also been an important facet of Iqbal's repertoire. Iqbal also served as a distinguished teaching faculty member at the University of Engineering and Technology, Peshawar, Pakistan.

Visit the Crane Public Library's online Events Calendar for more information.



If you or someone you know has a unique item, story to tell, and is ready to sell send your name, phone number, location, and description of the collection with photos to: americanpickers@cineflix.com or call (646) 493-2184; facebook: @GotAPick.

Woodward School Hosting Mental Health First Aid Course Sept. 23

The Woodward School, 1102 Hancock St., Quincy will host a Mental Health First Aid Course on Saturday, Sept. 23.

The course is designed to teach participants how to identify, understand, and respond to signs of mental illnesses and substance use disorders.

A similar event at a school in Iowa recently made national news on Good Morning America.

The course is open to anyone who wants to learn more about mental health and how to support those in need. The Woodward School encourages parents, educators, and community members to take part in this valuable training.

For more information or to register, contact Kaylie McDonald at The Woodward School at 617-773-5610 x210 or by email at kmcdonald@thewoodwardschool.org.

READERS FORUM

Just Thinking Positive

Have you seen our beaming Quincy Center lately? If not get out of your car and take a stroll.

Kilroy Square is a good starting spot. Park in the new low cost parking garage. The area is not like the drab empty spaces that were there before.

See all the people sitting out and enjoying the pleasant surroundings. Note also the many new restaurants as you head to Hancock-Adams Common. That alone is a spectacular addition to our city. The Generals statues and fountain are also worth visiting.

The much needed renovating of our parks is being enjoyed by many people. One park to be singled out would be Kincaide Park in Southwest Quincy. It went from a run-down broken glass strewn area to a very usable attractive place for walking and sports and even a splash pool for the little ones. It also has a rain garden that alleviates the flooding that has occurred in surrounding areas.

Mayor Koch is a lifelong Quincy resident. He loves our city and wants us to be proud of it.

Thank you, Mayor Koch.

Morgan and Ruth O'Shea
Quincy

Keenan Has Questions About Potential DCR Transfers

Cont'd From Page 11

not emptied. It's not maintained as well as we'd like to see it maintained.

"The same goes for Quincy Shore Drive and the same goes for Furnace Brook Parkway," Keenan continued. "But we have to have a realistic sense of what the infrastructure conditions are, what the capital needs are, what the maintenance costs are, before the municipality just goes and says, 'we'll take over the DCR land.'"

"Would you buy a house without looking at it? Would you buy a house without having some sort of a home inspection?...You wouldn't, and we shouldn't do that relative to the DCR property. If those questions are answered and the responses to those questions are such that it makes sense for the city of Quincy to take over the DCR property, then that would be fine, but those are the questions I have in advance."

Koch previously told The Sun he had spoken to the legislative delegation as well as then Gov. Charlie Baker about transferring the DCR properties to the city. In that interview, the mayor said it was too soon to say what it would cost Quincy

to maintain and manage Wollaston Beach on an annual basis, but he noted there are already a number of other beaches under the city's jurisdiction.

"We didn't get that far, but I would suggest that the infrastructure is in place," Koch replied when asked about the cost. "We have a very strong DPW department with good infrastructure, we have a good Department of Natural Resources with good infrastructure, meaning vehicles, equipment. We have our own beaches. We do our own. So, we wouldn't be starting from scratch if this ever came about."

"But again, at this point it's just a couple of thoughts and ideas. We'd have a long way to go before it is finalized."

In lieu of transferring the DCR properties to the city, Keenan suggested the parties could come to an agreement whereby the state would pay the city for maintaining the properties.

"One of the options would be...when you figure out what it costs, to avoid the city having the responsibility for the capital and infrastructure needs, that the city could enter into

an interagency agreement with DCR, perhaps, where they say to DCR 'pay us X amount of dollars and give us control of the maintenance,' if that's what the issue really is. 'If it's costing you X and we can do it for Y, pay us Y. You'll save a little and we'll provide better services along the beach, Furnace Brook Parkway and Squantum Point Park,'" Keenan said.

"You could do an interagency agreement for the maintenance and upkeep of DCR properties in the city of Quincy and work out a number where the city is getting paid to do it rather

than just taking over the properties and assuming all those costs."

Keenan said that officials aside from Koch have expressed frustration about the DCR. There is some optimism that the agency's new commissioner, Brian Arrigo, formerly the mayor of Revere, may be able to better work with municipalities.

"I can speak for the Senate. There is frustration within the Senate with DCR," Keenan said.

"There is a new commissioner, who seems to be responsive - a former mayor of Revere, so there

is a sense among municipal officials that he has a better understanding of the issues that municipalities that have DCR properties experience while dealing with DCR. But, like a lot of the state agencies, DCR has some issues hiring people. It's tough to get people. Their funding is, from their perspective, always somewhat limited. They don't get the funding that they feel they need. And over the years it's been well known and documented that that is a place where political hires are sometimes hired. So, the combination of all those things have been challeng-

ing DCR as an agency, and that's why I think municipalities are growing a little bit frustrated with them."

"And, as things like climate change kick in, at least in this area, issues of beaches, erosion, seawalls, they've taken on added importance and I think there is a concern of whether DCR will be able to address those issues as time moves on. Then there's a whole bunch of other issues in other parts of the state with some of the reservations and parks under DCR control. So, there is some sense in the Senate that DCR needs some improvement."

Avoid Flooded Roads, Be Wary Of Flood-Damaged Cars Hitting The Market

AAA Northeast offers some tips for driving in heavy rains.

- **Turn on your headlights.** In many states, including Massachusetts, the law states that headlights must be illuminated when windshield wipers are active.
- **Slow down.** The risk of hydroplaning and losing control increases dramatically at higher speeds. A car can hydroplane in as little one-sixteenth of an inch of water.
- **Brake sooner, and smoothly.** Wet roads can double required stopping distances, even on new tires. On worn tires, stopping distances increase even more.
- **Create space.** Allow for a larger gap between the car in front of you to reduce the amount of spray that hits your windshield and to accommodate increased stopping distances.
- **Turn around, don't drown.** A flooded road can appear

to be traversable at first glance. Never ignore road blocks, traffic cones or warning systems designed to deter traffic in flooded conditions.

• **Stay home.** If you don't have to drive, wait until the rain stops. Crashes spike in inclement weather and the risk increases even for people who consider themselves safe drivers.

When a car is flooded, the damage is often unfixable. But, in some cases, a car can be put back on the road after a flood, but then develop myriad problems over time. Often, gradual corrosion of components exposed to floodwaters leads to frustrating electrical issues. It has been reported by CarFax (vehicle history reports) that nearly 50 percent of flood damaged totaled vehicles return to the market as used cars. Unsuspecting buyers quickly realize their dream car is actually a nightmare.

Here are some tips from AAA Northeast on how to spot a flood-damaged vehicle:

• Insurance companies often declare flood-damaged vehicles as total losses, and those cars are then sold to salvage companies. However, rather than being dismantled for parts, some of these vehicles are purchased by individuals who restore them to some degree of working order. AAA warns car buyers that water-damaged vehicles can be transported anywhere in for resale, and often continue to appear in the marketplace for many months following major floods.

• Before purchasing a used vehicle, acquire a CARFAX Vehicle History Report. The report may reveal if the car has been in a flood or been issued a salvage title.

• To determine if a used vehicle has been water damaged, look for these signs:

- Damp or musty odors inside the vehicle.
- Carpet or upholstery that has been replaced or recently shampooed. Pull back the carpet at different areas and look for mud, dirt, rust or water stains.
- Mud and dirt on the underside of the dashboard. This area is hard to clean.
- Rust on the underside of the vehicle. Corrosion is uncommon in newer vehicles and those that are owned and operated in warmer climates.
- Rust, mud, dirt or discoloration in body seams and small out-of-the-way crevices on the doors, under the hood and inside the trunk.
- Open all doors, hood, and trunk to inspect for corrosion, mud and dirt or discoloration on the door frames, hinges and under the weather stripping. Pay special attention to small spaces and crevices that are difficult to clean.
- Inspect the dashboard underside for signs of mud and dirt. This is a particularly hard area to clean.
- Electrical components, such as lighting, the heater/AC fan, window motors and more that are not functioning properly.
- Check all warning lights, window motors, and all electrical components to ensure they are working properly. While a non-working part alone does not mean the vehicle was flooded, it combined with other difficulties is a cause for concern.

• Get a pre-purchase inspection by a trusted mechanic. To locate a AAA Approved Auto Repair facility, visit AAA.com/autorepair.

Finally, if the price looks too good to be true, it probably is. The continued shortage of used car inventory coupled with increased buyer demand will continue to push up prices (already 30 percent higher than last year). History has shown less than honest dealers, wholesalers and even private party sellers will be offering these previously flooded cars to unsuspecting buyers.

Ask John Paul: AAA New England's Car Doctor

Cont'd From Page 13

After my mechanic installs two new front struts on my 2002 Honda Accord should I get wheel alignment?

My opinion is, anytime a suspension part is replaced the wheel alignment should be checked. Even carefully marking the location of the old parts and matching up the new parts does not guarantee the wheel alignment will not change.

I bought a 2012 Nissan Leaf in Massachusetts from a used car place for \$7,000 and I live in Rhode Island. It does not hold a charge and will only charge to 64 miles if it is on the charger for 24 hours. I took it in to my local Nissan dealer and they said the big battery needs to be changed out for \$13,000. The place I bought it from tells me it is not a lemon because the check engine light is not on, and the battery change is just a suggestion.

Unfortunately, 60-70 miles range is pretty typical of a 10-year-old Leaf. The range was only 90 miles when new (although Nissan claimed 100 miles). As any rechargeable battery ages and this includes phones and power tools the battery capacity is reduced. With a 110 volt charge you may get about four miles of range per hour and should fully charge overnight. Without knowing more about your car, from your description this range sounds about normal. As a side note, we have Nissan Leaf at AAA for training purposes and the range is about 60 - 70 miles and somewhat less in wintry weather.

I am thinking of replacing our Ford Explorer, which has met our needs pretty well with a new vehicle. I am looking at the Honda Pilot. Since COVID and remote work we have discovered camping and now own a 16-foot Boston Whaler. Have you evaluated the new Pilot and how do you think it will fit our lifestyle and family (myself, husband and 8-year-old son)?

The fourth generation Honda Pilot adds a bit more room, more flexible seating arrangement (up to eight) and a bit more horsepower, now up to 285 with significantly less tailpipe emissions. Regarding towing the Pilot can tow up to 5,000 pounds, so it should be able to handle your 16-foot boat with no problem. If you are going camping the TrailSport option (the version I tested) adds one inch of ride height, improved wheel torque management and off-road tuned suspension. I have always been a fan of the Honda Pilot and this latest Pilot is the best one yet.

I am considering buying a classic car, not necessarily a show car, but something I can drive a couple of days per week. Any suggestions?

My first suggestion is unless you are handy and have

plenty of garage space, look for a completed car. Also buy something you like because you like it not as an investment. Although classic cars can go up in price, that is not always the case. Buying a car that needs work may look like a great deal but over time, you will find it is cheaper to buy a completed car. As a daily driver, I would not get hung up on originality. If you found as an example a Chevy Nova or Ford Falcon and it had an updated (not necessarily high-performance drive train) that can make the car much more drivable. There are lots of "cars and coffee" and cruise nights over the summer and I would try to go to as many as you can. Look around, ask questions, and see what you like.

I have a 2009 Cadillac Escalade that we purchased from an older gentleman. The problem is from time to time it will not start. The weird part is only for me, when my wife takes the car, it is perfect. So far, we have replaced the battery as well as the batteries in the key-fob. It is push button start could it be the button?

Some of these older GM products did have a sort of wired issue with the key-fobs, the issue was interference from other devices. If you have access cards, fuel speed passes, proximity ID cards and even tool transponders. As an experiment just try swapping key-fobs with you wife. If you still have the problem, it may be something you carry with you.

Can you explain the new car colors to me? A few years ago, cars had real depth in color with plenty of shine, metallic gloss. Today the colors are flat or just seem to lack richness. Why?

Like everything, style is trendy, and the new colors are what some new car buyers are looking for. I have to agree with you, recently I prefer the darker richer colors, but I also applaud the car makes for trying new things. Recently I drove a car that the color was sky blue pearl. Most people loved it and thought it was one of the best new colors they had seen. Like all things beauty is in the eye of the beholder.

I have not been great at rotating the tires on my SUV and now the tires are feathering a bit but more in the middle of the tread than across the tires. The alignment shop said everything looked okay but just suggested tire rotation. What could be wrong?

There may in fact be nothing wrong other than, as you admit, lack of tire rotation. At this point rotate the tires in what is referred to as a modified X pattern. In this method you move the rear tires directly to the front tire position and cross the front tires going to the rear tire position. This method may smooth out the uneven wear.

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 Here are stores in Quincy that sell it on their newsstands:

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NEW STORE ON THE BLOCK 1183 Hancock St., Quincy Ctr. T Station	WALGREENS 418 Quincy Ave.	JOE'S PLACE 260 Centre St.	7-11 363 Hancock St.
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DONUT + DONUTS + MUFFINS 33 Scammell St.	CVS Southern Artery	BEALE ST. NEWS AND TOBACCO 17 Beale St.	EVEREST MARKET 163 Newbury Ave.
PRESIDENTIAL LIQUORS 25 Scammell St.	7-11, 650 Adams St.	SUPREME LIQUORS 615 Hancock St.	5 CORNER FOOD MART 163 Newbury Ave.
ADAMS 22 Independence Ave.	VILLAGE COMMON MARKET 100 Willard St.	SQUANTUM MARKET 205 W. Squantum St.	WEST ELM VARIETY 139 W. Elm Ave.
	COPELAND LIQUORS 273 Copeland St.		
	GRANITE MART 308 Willard St.		

The Quincy Sun CLASSIFIED AD FORM

MAIL TO: THE QUINCY SUN, 1372 HANCOCK STREET,
 QUINCY, MA 02169

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RATES 1 WEEK ☐ Services ☐ For Sale ☐ Autos ☐ Boats ☐ For Rent ☐ Wanted ☐ Help Wanted ☐ Work Wanted ☐ Pets ☐ Lost & Found ☐ Real Estate ☐ Antiques ☐ Flea Markets ☐ Yard Sales ☐ Instruction ☐ Day Care ☐ Personal ☐ Miscellaneous	2-4 WEEKS 5-10 WEEKS 11 WEEKS OR MORE	☐ \$9.00 for one insertion, up to 20 words, 10¢ for each additional word. ☐ \$8.00 per insertion up to 20 words for 2-4 insertions of the same ad, 10¢ each additional word. ☐ \$7.50 per insertion, up to 20 words, for 5-10 insertions of the same ad 10¢ for each additional word. ☐ \$7.00 per insertion, up to 20 words, for 11 or more insertions of the same ad 10¢ for each additional word.
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☐ Enclosed is \$ _____ for the following ad to run _____ weeks in **The Quincy Sun.**

COPY: _____

NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION. DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.

OBITUARIES

Richard F. Morrissey, 98

Richard F. Morrissey, of Quincy, died July 6, 2023. He was 98 years old and the beloved husband of the late Marjorie (Moore) Morrissey. Loving father of Nancy J. Stone and her husband Michael of Quincy, Jane M. Sullivan and her husband Paul of North Attleboro, Maryellen Concannon and her husband William of Rockland, Susan E. Morrissey of Quincy and the late Richard F. Morrissey, Jr. Brother of the late Helen Tobin, Paul J. Morrissey and Arthur H. Morrissey. Grandfather of the late Richard M. Stone, he is also survived by 8 grandchildren, 11+ great grandchildren and many nieces and nephews.

Born on Feb. 22, 1925 and raised along the shores of Quincy Bay, water was a central theme in Richard's life. From his earliest days of swimming and sailing in the Atlantic, to his enlistment in the Navy by heeding his country's call during WWII, serving in the Atlantic and Pacific Oceans, to eventually creating a haven for his family and friends with the installation of a backyard pool, water became the backdrop.

Richard was a 1942 graduate of North Quincy High School and maintained ties to that school throughout his life. By his own account, his record as a scholar was less than stellar and the only reason he was allowed to graduate was because he enlisted in the Navy his senior year at age 17. Problems of Democracy, his favorite high school class, taught by Mrs. Pratt, allowed him the opportunity to debate American policy, a love that continued throughout his life. A shout out to the late Mrs. Pratt for instilling this love of politics. Richard was now going to put his words into action and offer his life for that democracy. His choice shaped the man he was to become. Like many others of this "Greatest Generation," his naval career carried him into dangerous waters. From the D-Day invasion of Normandy through the hellish assaults of Iwo Jima and Okinawa he served his country courageously. He seldom spoke of his war experience, considering his



RICHARD F. MORRISSEY

role as a duty he owed to a country he loved. He continued to maintain ties with his shipmates aboard the LST 241 by attending reunions across the country and continued his connection with North Quincy High School by helping to organize his class reunions and serving as a volunteer high school hockey coach alongside his grandson.

In November, 1950, Richard married North Quincy School graduate Marjorie Moore. They were married for 69 years until her death in December, 2019. In 1953 they moved into their first home and remained there until their deaths. The arrival of five children and eventually his mother-in-law, Helen Golden Moore, created a need for additional space. Richard, ever a tinkerer and Jack-of-all trades, took matters literally into his own hands by expanding their tiny Cape into a five-bedroom colonial. Though measuring accurately wasn't his strong suit, jury-rigging was. There was never a problem he couldn't solve if left to his own devices in his beloved shed. He and Marge added a swimming pool in 1972, a decision that would shape their family for generations to come. They hosted a backyard party for family, neighbors and friends every summer Sunday for the next fifty years. Richard lived the expression, the more the merrier. In 1953, Richard and Marge began celebrating the Fourth of July with their next door neighbors, Eddie and Mary Schlager. That tradition continued and this year Richard hosted the 70th annual celebration with the Schlager/Marshalka and Griffith clan, who became family over their many long years together.

After being discharged from the Navy in 1946,

Richard began a lifelong career with the telephone company. On occasion, labor disputes would arise and Richard was in the forefront organizing picket lines and contracting houses to paint to ensure that co-workers would not be without a paycheck while they were on strike. He retired in 1986.

His community and civic duties were important to him. He worked on local political campaigns and helped found the location of the current Quincy Youth Hockey Arena. He coached his son, Richie's, hockey team in the 1960s and continued to coach Quincy Youth Hockey in the 1980s and '90s ending with assisting his grandson, Dan, by coaching the North Quincy High School team in the early 2000s. Richard attended all of grandchildren's hockey games, both home and away. This took him from Quebec to Alaska and many places in between. Ever the good sportsman, he served as a model to those players he coached, with one exception. While coaching granddaughter Betsy's team on Christmas Eve he swore at the official, who happened to be his grandson, Dan. Not one to take any nonsense, Dan promptly threw his grandfather out of the game. Must have been an interesting family dinner that night. Richard was inducted into the NQHS Hockey Hall of Fame as a coach and booster in February, 2013.

In the early years, all of their nine grandchildren lived close by. This allowed Marge and Richard to do one of their favorite things, spend time with them. Aside from their involvement with hockey, Richard and Marge were frequent flyers down Route 95 to support other grandchildren who participated in field hockey, gymnastics, football, basketball and baseball for their North Attleboro High School teams. They attended so many games that they became known to local fans as well as the football coaching staff. Marge and Richard headed south to cheer on their Rockland grandchildren at soccer and basketball games and attend theatricals as well. They were extremely proud of their three Rockland grandchildren for their dedication and lengthy

commitment in their volunteer work at Camp Fatima Exceptional Citizen's Week, which continues today.

Among Richard's many interests were water color painting, fixing things, watching hockey and soccer, running 10k's into his sixties and dancing with Marge. He enjoyed studying the stock market and together with his children, niece and friend, formed a monthly stock club which continues twenty-six years later. In many ways, Richard was ahead of his time. In the early 1960s, he began using biodegradable, environmentally friendly products. In the 1970's he installed solar panels on his roof and talked about installing a windmill in their back yard. (Unfortunately, Marge vetoed the windmill idea).

In 1978, Richard suffered the ultimate pain in the loss of his beloved young son, Richie, and again in 2022 in the loss of his political debate partner and precious grandson, Richard. He was a man of quiet faith and believed that he would be reunited with these loved ones.

Richard died peacefully last week in his beloved home. Thanks to the efforts of his daughters and sons-in-law, he was able to remain there until the end. His daughter, Susan deserves particular thanks for tirelessly taking wonderful care of him. It is truly because of her that he could continue his life in comfortable and familiar surroundings and enjoy the simple pleasures in life like visits from family and friends, rides to nowhere, a dip in the pool and excursions to Foley's for ice cream.

Visiting hours were held Tuesday, July 18, in the Keohane Funeral Home, 785 Hancock St., Quincy.

A Celebration of Life Service will be held in the funeral home at 10:15 a.m. on Wednesday, July 19th prior to the Funeral Mass in St. Mary's Church, Quincy at 11:00.

Burial will be in Pine Hill Cemetery, Quincy.

In lieu of flowers, donations in memory of Mr. Morrissey may be made to Friends of Fatima, 32 Fatima Rd., Gilmanton Iron Works, New Hampshire 03837.

Justin Rogers, 28



JUSTIN ROGERS

Justin Rogers, 28 years old, of Quincy, MA, passed away on Friday, July 7th, 2023.

To those who knew Justin, he was a sparkling soul, with a big heart, who could light up a room and connect with people on a spiritual level. Justin was a proud member of the Ironworkers Union Local 7. A lifelong Derek Jeter and New York Yankees fan, he held to his loyalties despite the challenges they could present. A lover of sports, Justin was also deeply devoted to the Patriots and NASCAR. Resilient and determined, Justin navigated mammoth obstacles that seemed to manifest from every direction until he could no more. Justin was preceded in passing by his beloved mother, Suzanne, his father, Scott, and his young sister, Jasmine. He is survived by his four-year-old son, Maddox, many cousins whom he

loved, his grandmother, Regina Kingsbury, and a vast network of friends that he would do anything for – and who would do anything for him.

A Mass of Christian Burial was celebrated July 15 in St. Ann's Church, Quincy.

Funeral Arrangements are under the care of Hamel-Lydon Chapel. For information and online condolences, please visit HamelLydon.com.

Audrey A. McGowan, 86

Audrey A. (Saccoch) McGowan, of Quincy, died peacefully on Tuesday, July 11, 2023, at the Alliance Healthcare Center in Braintree. She was 86.

Born in Boston on December 20, 1936, she was the daughter of the late Bernard and Helen (Breen) Saccoch.

Beloved wife of the late Owen T. McGowan, who died in 2021. Devoted mother of Sharon Lavery and her husband James of Quincy, Paul McGowan and his wife Rosemary of CT, Stephen McGowan and his wife Patricia of Quincy, Brian McGowan of New Bedford and the late Mark McGowan of Quincy. Loving grandmother of Kristen and Matthew Lavery, Lauren and Owen McGowan, Mitchell and Dylan McGowan and Brendan McGowan. Loving great grandmother of Joshua, Michael, Jacob, Ryan, Cameron, Caden, Amelia and Rosalie. Dear sister of Catherine O'Brien of Adams and CA. Preceded in death by her other eight siblings Helen Dion, Bernard Saccoch, Arthur Saccoch, Carol Westhaver, Karen Saccoch, Deborah Applegate, Michael Saccoch and Margaret Malone. Also survived by many loving nieces, nephews, extended family and friends.

Audrey worked for Quincy Credit Union as a bank teller and was the co-owner of Artery Groceries at 1000 Southern Artery in Quincy with her beloved husband



AUDREY A. MCGOWAN

Owen. Audrey was a kind and loving woman who loved her family and her Houghs Neck community dearly. She loved nothing more than to sit on her deck on warm summer evenings watching the boats go by the Quincy Yacht Club. She was an avid Boston Bruins fan and loved game shows and shopping at the Christmas Tree Shops.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Monday, July 24, 2023, 4-8 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy.

Her funeral service will be celebrated on Tuesday, July 25, 2023, at 10 a.m. in Keohane Funeral Home, Quincy.

Services will conclude with interment in Mt. Wollaston Cemetery, Quincy.

In lieu of flowers, memorial contributions may be sent in Audrey's name to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

See www.Keohane.com for directions and online condolences.

Honor Your
Loved One's
Memory
With Flowers

cliffords.com
1.800.441.8884

NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun. Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

More Obituaries online at
www.TheQuincySun.com

Richard E. Waldron, 90

Richard E. Waldron, of Squantum, died peacefully in his home surrounded by family on Friday, July 14, 2023. He was 90 years old.

Richard was born in Boston on Sept. 28, 1932, the son of the late Joseph, BPD Det. and Margaret (Walsh) Waldron. He was raised in Roslindale, attended local schools and graduated from Roslindale High School with the Class of 1950. After graduation, Richard enlisted in the United States Air Force on Jan. 3, 1951, and proudly served his country as a radio operator during the Korean War. He was honorably discharged on Aug. 11, 1954.

Following his time in the service, Richard graduated from UMass Amherst in 1959. After college, Richard's outgoing personality was a perfect match for the electronics sales field in which he spent over 20 years and met his second wife, Pauline, to whom he was married for 53 years. He moved from sales to the Merchant Marine where he traveled the world



RICHARD E. WALDRON

as a radio officer for 16 years before retiring in 1995.

Richard maintained regular contact with the other enlisted men he was stationed with in the U.S. Air Force 511th Aircraft Control & Warning Group on Site 18 in Hokkaido, Japan. Starting in 1994, he enjoyed traveling with Polly to the Air Force 511th reunions in different cities around the country each year for over 20 years, ensuring his bond with his Air Force brethren remained unbroken. He was one of the last remaining airmen from his group.

A lifelong learner, Richard was an avid reader and au-

thored two non-fiction books. One was an instructional book about commodities trading and the second documented his life experiences and time in the military in Japan during the Korean War.

Richard will be remembered as a family man of integrity. He loved to laugh and spend time with those he loved. His life experience and lessons are part of his legacy that continue through his family. Richard will be missed by all the lives he touched.

Richard was preceded in death by his first wife, Catherine B. (Brennan) Waldron, formerly of West Peabody, who died in 1966. He remarried to Pauline A. (Belanger) Waldron, who died in 2020. He was the devoted father of Veronica M. French and her partner Ken Temple of Belmont, William B. Waldron and his partner Jimmy Choate of Houston, Joseph F. Waldron of Squantum, and Raymond R. Waldron, QFD and his wife Cristine of Squantum. Richard was the loving grandfather of Nicholas T. French and his wife Anne Jorgensen of Wrentham, Andrea L. French of Cambridge,

Lena M. Waldron and Collin F. Waldron of Squantum. He was the dear brother of Kathleen Gershman and her husband Harold of North Dakota, Marguerite Knight and her husband Graham of England, the late Patricia Johnston, and the late Josephine Murphy. Richard is also survived by many loving nieces, nephews, extended family and friends.

Relatives and friends are respectfully invited to greet the family during visiting hours on Wednesday, July 26, 2023, 8:30-10:30 a.m. in the Keohane Funeral Home, 785 Hancock St., Quincy.

His Funeral Mass will be celebrated following visiting hours at 11 a.m. at Divine Mercy Parish in Sacred Heart Church, Quincy.

Services will conclude with interment and military honors in Forest Hills Cemetery, Boston.

In lieu of flowers, memorial contributions may be sent in Richard's name to Veterans, Inc. <https://www.veteransinc.org/>.

See www.Keohane.com for directions and online condolences.

Caterina DeVito, 82



CATERINA DeVITO

and her husband Joshua of Weymouth.

"Best Nonna Ever" to Matthew, Veronica and Lila.

One of four siblings, Caterina was the dear sister of Giacomina and was predeceased by Nicola and Antonietta.

Caterina is also survived by several nieces, nephews, and their families.

Visiting hours were held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Sunday, July 16. A Funeral Mass was celebrated in Saint Joseph's Church, 550 Washington Street, Quincy, on Monday, July 17. Interment followed at Pine Hill Cemetery, West Quincy.

For those who wish, donations in Caterina's memory may be made to the Juvenile Diabetes Research Foundation, 200 Vesey St., 28th Floor, New York, NY 10281 or by visiting www.jdrf.org.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Caterina (Iencarelli) DeVito, age 82, a longtime resident of Quincy, died peacefully, Wednesday, July 12, 2023 at South Shore Hospital, in the comfort of her loving family.

Caterina was born in Amaroni, province of Catanzaro, region of Calabria, Italy, to the late Saverio and Maria (Coroniti) Iencarelli. Raised and educated there, she immigrated to the United States in 1965, settling in Cohasset for several years. She lived in Quincy for over fifty years and was a beloved friend and neighbor to all.

Caterina took great pride in being the matriarch of her family. She was a dedicated homemaker, wife, mother and nonna. Her true passion was taking meticulous care of her family. She was a talented knitter, baker and cook and, as a young woman, a skilled trained weaver. For her small stature, she was incredibly strong, brave and showed great perseverance in the face of any hardship. She loved to laugh, possessed a wicked sense of humor but was always devoted and grounded in her faith.

Beloved wife for fifty-eight years of Francesco "Frank" DeVito.

Devoted mother of Lucia Rita Pinho and her husband Gary of Norwalk, Conn., and Franca Maria Alberti

Rita M. Newcomb, 84

Rita M. (Palmisano) Newcomb, age 84, of Bridgewater, formerly of Braintree, died peacefully, Friday, July 14, 2023 in the comfort of her home, surrounded by her loving family.

Rita was born in Boston, to the late Michael and Mary (Mascari) Palmisano. Raised and educated in North Quincy, she was a graduate of North Quincy High School, Class of 1956. She lived in Bridgewater for thirteen years, previously in Braintree for over forty years.

Rita was proud to have served in the United States Navy as a Disbursing Clerk Seaman in the late 1950s.

She was employed as an accounting supervisor for the former New England Telephone Company and NYNEX for over thirty-five years, having retired in 1996.

Rita was a former longtime active parishioner of Saint Thomas More Church in Braintree where she volunteered in Christian ministry for high school students and with the youth group. She volunteered for South Shore Habitat for Humanity for over twenty years and was proud to be associated with so many selfless, dedicated people.

Rita enjoyed many friendships within the Stone Mead-

ow community and served on the board there for several years.

She enjoyed vacationing to Aruba and Maine, and taking cruises with friends.

Devoted mother of Jeremiah E. "Jerry" Newcomb and his wife Dixela of Dover, N.H., Michelle Bayly and her husband Todd of Dennisport, and Diane M. Ciardi of Weymouth.

Loving grandmother of seven and great grandmother of four.

Sister of Joanne Hamill of Rockland.

Visiting hours were held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Monday, July 17. A Funeral Mass was celebrated at Divine Mercy Parish in Sacred Heart Church, 386 Hancock Street, North Quincy, on Tuesday, July 18. Interment, with military honors, followed at Mount Wollaston Cemetery, Quincy.

For those who wish, donations in Rita's memory may be made to South Shore Habitat for Humanity, 77 Accord Park Dr., Unit D-7, Norwell, MA 02061 or www.sshabitat.org, or to the charity of your choice.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Elaine J. Nelson, 82

Elaine J. Nelson, 82, of Quincy, beloved wife of Bradford Nelson, passed away unexpectedly on July 13, 2023, surrounded by her devoted family.

Elaine graduated from Quincy High School in 1959. She later married her high school sweetheart and the love of her life, Brad who shared a common heritage and background. They were able to celebrate sixty loving years of marriage together last August. She worked as an executive secretary supporting Brad while he continued his education. She later became a stay-at-home mother and was very dedicated to this endeavor, ensuring that her family had everything they needed and that her children were hard working and well educated.

She was dearly loved and a cherished Mother and Nana, enjoying special time with her grandchildren. She was extremely proud of her Swedish ancestry, keeping that heritage alive for her family during the holidays. Elaine had a wonderful sense of humor with an infectious laugh. She loved meeting and talking with people and was an empathetic listener. Everyone that met Elaine was drawn to her beautiful smile and thought she was a warm, funny and gracious person. She was known for her quick wit, funny expressions, and one-liners. Elaine was a very intelligent woman and an avid reader and would enthusiastically discuss many topics. She will be missed by her family more than any words can express and will live on in their hearts and memories



ELAINE J. NELSON

always.

Elaine is survived by her children; Jill and her husband, Bill of Weymouth; Jack and his wife Gwen of Roslindale; and Julie and her husband Coleman of Hanover. Grandchildren; Lauren Nelson, Bradford Nelson, Cole Joyce, Erin Joyce, Meghan Reilly and her husband Tom and Cameron Burke and his wife Caterina, and great-granddaughter Sofia. She is survived by her sister, Carolyn Overton of Houston Texas, sister-in-law Shirley Johnson of Florida and many nieces and nephews. She is predeceased by her brother Donald Johnson and her brother-in-law Robert Overton.

Memorial service: Thursday, July 20, 2023, at Faith Lutheran Church, 201 Granite St., Quincy, MA at 10:30 a.m. Burial is private at the Massachusetts National Cemetery.

In lieu of flowers, donations can be made to AFMA (Acute Flaccid Myelitis Association) 3950 Hillcrest Lane, Sacramento, CA 95821 www.afmanow.org or The Faith Lutheran Church in Quincy, MA. For guestbook see www.alfreddthomas.com.

Lita J. (Aronson) Raftery, 91, of Quincy formerly of South Boston, died July 6, 2023 at John Scott House in Braintree following a period of declining health. She was the daughter of the late Harry & Sonya (Goldman) Aronson.

Born in Boston, Lita worked as a secretary in former Governor John A. Volpe's administration. She was a colorful, friendly and social person who later worked as one of Boston's first Meter-Maids; a job she had for many years before retiring in the early 1980's.

In time, Lita moved from South Boston to Quincy and lived at 1000 Southern Artery in Quincy, where she quickly became active in resident life activities. She worked the greeter's desk every Friday, started and ran a cribbage league, and enjoyed playing card games with her new friends and neighbors. She especially liked taking the many trips to Foxwoods, Vermont and other destinations with her Southern Artery group. In addition, Lita loved to travel to various places around the country visiting family. She spent several winters in Cocoa Beach, Florida and while there she volunteered her time as a guide at the Kennedy Space Center in nearby Cape Canaveral. She was certainly an active, energetic and personable character who will most certainly be missed.

Devoted mother of Paul J. Raftery and his wife Trish (McGonagle) of Co-

Lita J. Raftery, 91



LITA J. RAFTERY

coa Beach FL, Donna Hopkins and her husband Glen of Greenville SC, and the late Michael A. Raftery and his surviving wife Kathleen (Kiely) of Quincy. Cherished Grandmother of David Raftery of Wayland, Brian Raftery of Quincy, Katie Raftery of Quincy, Meaghan Kaplan of Holbrook, Paul Raftery of San Diego CA, Sean Raftery of Weymouth, the late Stephanie King, Kelly King and Ross King, both of Greenville SC, and Derek King of Florida. In addition to 9 great grand-children she is also survived by many nieces, nephews, extended family and dear friends.

Visiting hours and a wake service were held Friday, July 14th, at Hamel-Lydon Chapel, 650 Hancock St., Quincy.

In lieu of flowers, donations in her memory may be made to Alzheimer's Foundation online at: www.alz.org or by mail at: Alzheimer's Association, 309 Waverley Oaks Rd., Waltham, MA 02452

For more information or to leave condolence messages for the family please visit HamelLydon.com.

OBITUARY

Robert E. Moran, 66

Robert E. "Bob" Moran, a longtime resident of Quincy, passed away after a valiant fight with glioblastoma on Thursday, July 13, 2023. He was 66.

He was born in Boston to Josephine E. (Ryan) and John E. Moran and raised

in Dorchester. After graduating from Boston High School, Bob went to work at the MBTA with his brothers, Kevin and Jack. His friendly disposition and unforgettable smile earned him fast friends while at work. He proudly retired after 35



ROBERT E. MORAN

years with the T.

Bob kept busy in his time off. He had run 3 marathons in his lifetime. Spent summers at his cabin on Lake Winnisquam. He owned that cabin for over 30 years and built into quite the summer retreat for himself, his dogs and of course family and friends. Bob loved animals but none more than his beloved dogs. He was a devout catholic and spent much of his spare time at Mass, in his prayer group and volunteering through the church.

Loving brother of Jack Moran and his wife Mary Ellen of Marshfield, James

J. Moran S.J. of Quincy and Kevin Moran and his partner John Zorsch of Weymouth. Cherished cousin to James and Debra McCafferty of AZ and Larry and Denise Ready of Portsmouth, NH. Also survived by many nieces and nephews.

A special thanks to Norwell VNA & Hospice for going above and beyond with the care and support they provided to Bob and his family.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Wednesday,

July 19th, from 4-7 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy. A Celebration of Life Service will be held in the funeral home at 9:15 a.m. on Thursday, July 20th, prior to the Funeral Mass in St. John's Church, Quincy at 10 a.m. Burial in New Calvary Cemetery, Boston.

In lieu of flowers, donations in memory of Bob may be made to Pat Roche Hospice Home, 86 Turkey Hill Lane, Hingham, MA 02043. Please see www.Keohane.com for directions and online condolences.

PUBLIC NOTICE

TREE HEARING

Friday July 28, 2023

Quincy Parks and Recreation Meeting Room
One Merrymount Parkway
12:00pm

Location of Tree	DBH	Type of Tree
Corner of Arnold St. & 5th Ave (Next to 47 Arnold St.)	22"	Littleleaf Linden

Please note that you do not need to attend the Tree Hearing to be heard. If you cannot attend but are for or object to the removal of any of the tree listed and want your thoughts to become public record, please email the Tree Warden at dcathcart@quincyma.gov. Your concerns will be read into the public record at the hearing. Your email must be received by 4:00 pm on July 27, 2023.

If you have any questions, feel free to contact Daniel Cathcart at the email listed above or at 617-376-1289.
7/20, 7/27/23

INVITATION TO BID

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS Department of Natural Resources

INVITATION TO BID

The Department of Natural Resources for the City of Quincy, Massachusetts is seeking sealed bids for **Rental of (1) Large Tent and Accessories for Temporary Ice Skating Rink** until **11:00 a.m. local time August 3, 2023**, in the Offices of the Purchasing Department, 1305 Hancock St., Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud.

The City is looking for a company to supply and install decking, a tent structure, heaters, bench seating, and lighting to accompany an outdoor temporary ice-skating rink. The location for this will be on The Parkway, Quincy, from November 22, 2023 through February 25, 2024.

All inquiries regarding this bid should be directed to Kathryn R. Logan, Chief Procurement Officer by email to: klogan@quincyma.gov and cc: mmarini@quincyma.gov. Questions will be accepted until July 28, 2023, at 12:00 p.m.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the Office of the Purchasing Department, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 a.m. and 4:30 p.m. Specifications will be available on July 19, 2023.

Each Bid shall be accompanied by a Bid security in the amount of five percent (5%) of the total value of the Bid in the form of a Bid bond or certified/treasurer's check.

The bidding and award of this Contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised, all Federal, State and City of Quincy regulations and is subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and Federal Minimum Wage Rates as determined by the United States Department of Labor under the Davis-Bacon Act. The City reserves the right to waive any informality in or to reject any or all Bids when such an action is deemed in the best interests of the City.

Non-responsive and/or unbalanced Bids may be rejected.

Thomas P. Koch
Mayor
7/20/23

Kathryn R. Logan
Chief Procurement Officer

David Murphy, Commissioner
Commissioner, Department of Natural Resources

REQUEST FOR QUALIFICATIONS (RFQ)

CITY OF QUINCY, MASSACHUSETTS Department of Natural Resources

Request for Qualifications (RFQ)

In accordance with M.G.L. Chapter 149, the City of Quincy, Massachusetts requests Qualification Statements from Proposer(s) interested in being Pre-Qualified as General Contractors and Sub Contractors on the **New Clubhouse at Furnace Brook Golf Course**. The work under this contract includes construction of a new approximately 13,000 sf clubhouse facility and associated site improvements. The clubhouse program includes kitchen, dining room, pro-shop, locker rooms, golf simulators, cart storage, associated administration and support spaces as well as an elevated deck. Responses from eligible Proposer(s) will be used to prequalify the Proposer(s) to participate in a bid process by the City at a later date. This project incorporates the requirements set forth in M.G.L. Chapter 149.

Statement of Qualifications will be received at the Office of the Purchasing Department, City Hall, 1305 Hancock Street, Quincy, MA 02169 until **August 3, 2023 at 11:30 a.m.**

Copies of the Request for Qualifications will be available in the Office of the Purchasing Department, 1305 Hancock St., Quincy, Massachusetts 02169 between the hours of 8:30AM and 4:30 PM or on-line at BidDocs Online website.

The City shall determine the selected Proposer(s) and reserves the right to withdraw the Request for Qualifications; to reject any and all qualifications packages; and to select any qualifications packages deemed to be in the best interest of the City of Quincy.

The selection and award of potential Contract shall be in full compliance with Massachusetts General Laws, Chapter 149, as last revised, all Federal, State and City of Quincy regulations. The City reserves the right to waive any informality in or to reserves the sole right to amend this RFQ by formal Addendum.

All questions regarding this Request for Qualifications should be directed to Kathryn R. Logan, Chief Procurement Officer by email: klogan@quincyma.gov and cc: mmarini@quincyma.gov. Questions will be accepted until July 28, 2023 at 12:00 p.m.

Non-responsive qualification packages may be rejected.

Thomas P. Koch
Mayor
7/20/23

David Murphy, Commissioner
Commissioner, Department of Natural Resources

Kathryn R. Logan
Chief Procurement Officer

Heat Safety Tips For Families Affected By Dementia

The Alzheimer's Foundation of America (AFA) is providing important tips to help caregivers keep their loved ones living with dementia safe during extreme summer heat.

AFA advises family caregivers to:

• **Watch out for wandering.** Wandering is a

common and potentially dangerous behavior for individuals with dementia, as they can get lost or become disoriented, and not know how or who to call for help. It's even more dangerous in extreme heat conditions, where heat stroke (a serious elevation in body temperature that is sparked by exposure to extreme environmental heat or a mixture of heat and humidity) can develop in minutes. There are many reasons why someone with dementia wants to go outdoors.

Being outside may provide a feeling of purposefulness or satisfaction; be a response to excessive stimuli, be triggered by the need to get away from noises and people; or is a response to an unmet need (i.e., hunger, thirst, boredom). Reduce the chances of wandering by identifying consistent and sustainable ways to support these experiences in a safe environment: create walking paths around the home with visual cues and stimulating objects, engage the person in simple tasks, or offer engaging activities (i.e., music, crafts, games). Ensuring basic needs are met can also reduce the chances of wandering.

Keep a recent photo and medical information on hand, as well as information about familiar destinations that are currently, or formerly, frequented, that can be shared with emergency responders if the person wanders. This will expedite search and rescue efforts.

• **Monitor the person's fluid intake.** Alzheimer's disease and other dementia-related illnesses can affect a person's ability to know when they are thirsty, thus making it critically important for caregivers to monitor fluid intake and encourage them to drink frequently. Avoid alcohol and caffeinated beverages, as these drinks may contribute to dehydration.

• **Observe the person for heat stroke warning signs.** Dementia-related illnesses can make it harder for a person to detect temperature changes, putting them at

greater risk for heat stroke. Watch for warning signs such as excessive sweating, exhaustion, hot, dry, or red skin, muscle cramps, rapid pulse, headaches, dizziness, nausea, or sudden changes in mental status. If the person is exhibiting these warning signs, such actions as resting in an air-conditioned room, removing clothing, applying cold compresses, and drinking fluids can all help cool the body. If the person faints, exhibits excessive confusion or is unconscious, call 911 immediately.

• **Know where to cool down.** Many municipalities will open up air conditioned "cooling centers" so that people who do not have air conditioning can go cool down. These centers can include senior centers, libraries, community centers and other municipal/public buildings. If your person does not have air conditioning, find out if there are cooling centers are nearby.

• **Plan ahead.** Blackouts and other power failures can sometimes occur during heat waves. Make sure that cell phones, tablets, and other electrical devices are fully charged. Flashlights should be easily accessible in case of a power failure. Have the emergency contact numbers for local utility providers, as well as the police and fire departments, readily accessible.

• **Have a long-distance plan if necessary.** If you don't live near your loved one, arrange for someone nearby to check on them. Inform this contact person about emergency contacts, and where important medical information, such as an insurance card, is kept. Make sure your loved one has plenty of water, and has access to air conditioning or other cooling mechanisms.

Caregivers who have questions or need additional information can contact the AFA Helpline by phone (866-232-8484), text (646-586-5283), or webchat (www.alzfdn.org) to speak with a licensed social worker. The Helpline is available seven days a week.

'City Of Champs' Salutes Free Jacks Rugby Crown

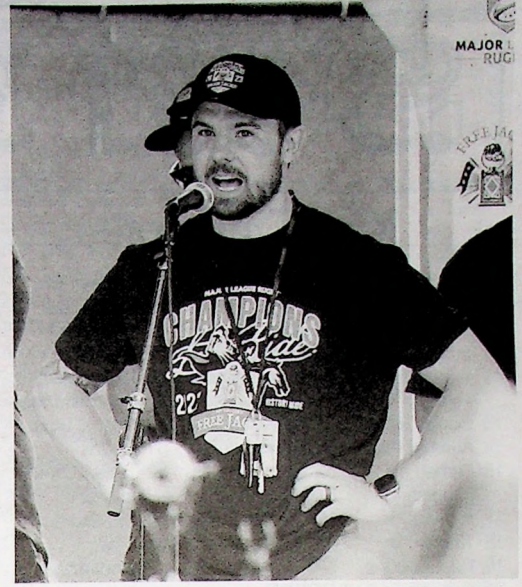
Cont'd From Page 17

"The City of Quincy has adapted us. When we go down the streets, all we see is Mitch Wilson's face all over the city. It's been one hell of a ride."

Before the Free Jacks entered Veterans' Memorial Stadium, they rode in a tourist trolley down Hancock Street and Merrymount Parkway to the venue with a

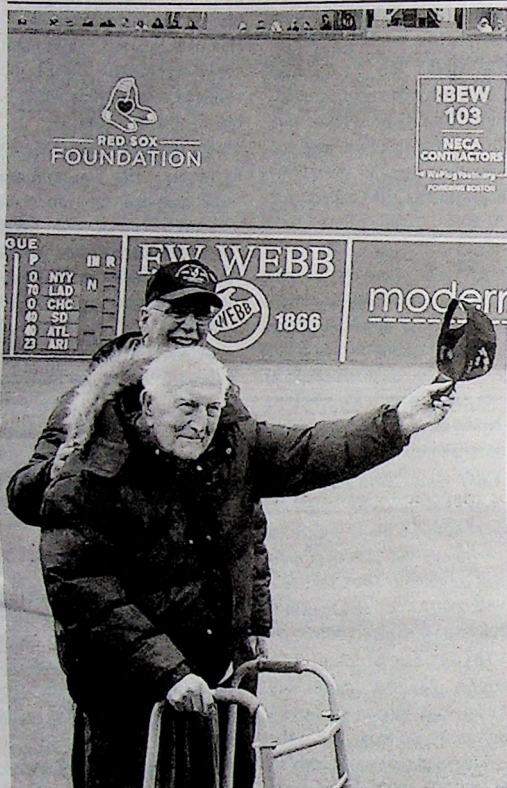
police escort. Fans cheered them on before entering the stadium.

Major League Rugby, the league where the Free Jacks compete, is the top-tier rugby by union league in North America. It has 12 teams: 11 in the United States and one in Canada. The 2023 season started in mid-February and concluded on July 8 with the championship game.



FREE JACKS CEO Alexander Magleby (left) and General Manager Tom Kindley (right) acknowledge the fans for their support at a rally celebrating their Major League Rugby championship in the "Fan Zone" at Veterans' Memorial Stadium. The team also thanked the City of Quincy for their strong support. The team plays its home games at the stadium.

Quincy Sun Photos/Robert Bosworth



RED SOX HONOREE, Romaio Magnarelli in right field at Fenway Park with his son John, a Vietnam veteran who was also honored by the team June 11 as part of the team's "Hats Off to Heroes" program. *Courtesy Photo*

Quincy Man Honored At Fenway Park For 'Hats Off To Heroes'

Romaio Magnarelli, a lifelong resident of Quincy, was the guest of the Boston Red Sox and recognized as part of their "Hats off to Heroes" program June 11.

At each home game the Red Sox recognize a veteran or current military person and invites them on the field in the middle of the 4th inning. Red Sox first baseman and DH Justin Turner greets the honoree on the right field grass and presents them with an autographed ball.

The Red Sox players toil for years on playing fields from Little League to high school to the minors to get to stand on the grass at Fenway.

Romaio's journey was a

little different.

In 1943 he entered the Army and after training landed in Europe at the height of World War II. After marching down the Champs-Élysées as part of the liberation of Paris he went from France to Belgium and finally into Germany. Along the way, as an infantryman, he participated in the battle of the Hurtgen Forrest, the longest single battle of the war and the Battle of the Bulge, the bloodiest battle of the war. Romaio made it through with two Purple Hearts and the Bronze Star.

Though he didn't play as much baseball as the Red Sox players this 99 year old veteran certainly earned his spot in right field.



SCOTT MATHIE (second from left), head coach of the New England Free Jacks, presents his championship medal to Mayor Thomas Koch in recognition of his and the city's support at a rally celebrating the team's Major League Rugby championship in the "Fan Zone" at Veterans' Memorial Stadium. Applauding are GM Tom Kindley (second from right) and Free Jacks players. At the celebration, Koch praised the Free Jacks and said they have been a great addition to the city.

Residents Medal At Bay State Games



TWO QUINCY RESIDENTS earned medals at the annual Bay State Games Track and Field meet held recently at Regis College in Weston. Michelle Bell (left) won the shotput with a distance of 26 feet and placed second in the discus at 75 feet three inches. Dave Stuhlsatz (right) won the shotput - 41 feet 10 and a half inches - and discus 119 feet 7 inches. Both competed in the Masters 40-57 division. Both are members of the Quincy-North Quincy track and field coaching staff. *Courtesy Photo*

Talia Viera Graduates Rollins College

Talia Viera, daughter of Marion Viera (Quincy) and the late John Viera, a 2019 graduate of North Quincy High School, recently graduated magna cum laude from Rollins College in Winter Park, FL with a

bachelor's degree in English, history, and secondary education.

Viera has moved to the Midwest, and in August, will begin teaching middle school special education students.

Seminarian Guest Preacher At Quincy Point Church

Quincy Point Congregational Church, 444 Washington St., will welcome Seminarian Lori Bruni to preach for two Sundays starting on July 23, at the 10 a.m. worship service.

Bruni is a final year Master of Divinity student studying at Chicago Theological Seminary. She is pursuing ordained ministry through the United Church of Christ and completed her ministry field study at First Congregational Church of Hanover. She lives with her husband and cat in Weymouth, and they have three adult children.

The sanctuary is air-conditioned. The building is accessible to all, via the Abbey Road entrance, complete with designated accessible parking, an elevator and an "All Access" restroom. Worship is live streamed at 10 a.m. on Sunday mornings or you can access past live streams at any time through



LORI BRUNI

the church website (quincy-pointcong.org), as well as the church's Facebook, Vimeo, and YouTube pages.

Join after worship in the downstairs Social Hall for light refreshments and conversation.

A reminder that the Laundry Love program will take place on Wednesday, July 26 from 6 to 8 p.m. at Wash-N-Dry, 236 Washington St., Quincy. The program provides free laundry.

Volunteers from QPCC will be on hand to greet people, facilitate payment for machines and distribute cleaning materials.

Two Residents Graduate UVM

Two Quincy residents recently graduated from the University of Vermont in Burlington, VT.

Colleen Connor earned a bachelor's degree in com-

munication sciences and disorders.

Eni Daci earned a bachelor's degree in health sciences.

SUN FUN PAGES

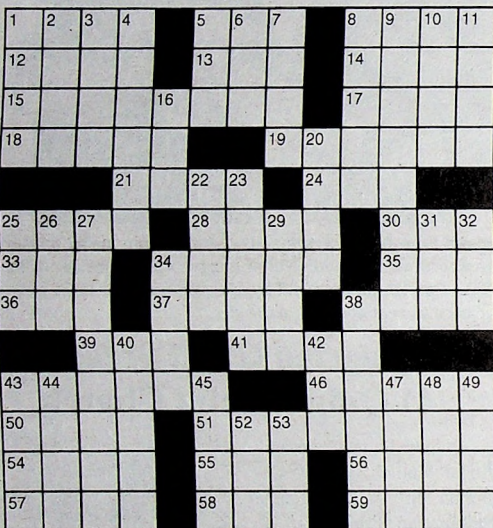
King Crossword

ACROSS

- 1 Artist Chagall
5 Witty one
8 Infatuated
12 — about (roughly)
13 Copper head?
14 Arkin or Alda
15 Famed circus impresario
17 A deadly sin
18 Tuscan city
19 Rascalions
21 Craving
24 "— was saying ..."
25 Pocket bread
28 Chart toppers
30 Cagers' gp.
33 Author Tan
34 Highway divisions
35 City area, for short
36 LP speed
37 Staffer
38 College VIP
39 Luau bowlful
- 41 Cold War initials
43 Chin covers
46 Old hat
50 Forearm bone
51 Every year
54 Blue material?
55 Swiss canton
56 Campus digs
57 Hefty volume
58 Cotillion celeb
59 Follow orders
- 20 Mama Elliot
22 Spiced tea
23 Brahmanist
25 Standard
26 Little rascal
27 Ear membrane
29 Casual tops
31 Buddy
32 "Shark Tank" network
34 Set down
38 "The Godfather" star
40 Emulate
42 Resort
43 Small statue
44 Ticklish
45 Muppet
46 Tater
47 Uppity sort
48 Foolproof
49 TV trophy
52 Before
53 Tease

DOWN

- 1 Floor cleaners
2 Con
3 Judicial garb
4 Brain protectors
5 Pallid
6 — Dhabi
7 Jewels
8 Grand parties
9 Kitchen foil type
10 React in horror
11 Picnic invaders
16 Squealer



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MAGIC MAZE • — HOOD

O Z V S P L I E B Y V R O N L
I F C Z W T Q N K I F C I Z W
U R P M J H N E I G H B O R E
C Z X U S Q N L J G O E C O D
Z T X V T R P N L R J H E L C
A Y L W V T R R R P E N I E L
K I G U E I C E B Z X H W H U
S R P O D M T T H L C J T C I
G E D I N A M S B T N E R A P
A Y N X T H G I N K O Y O B F
W G U S T S E S L A F M F Q P

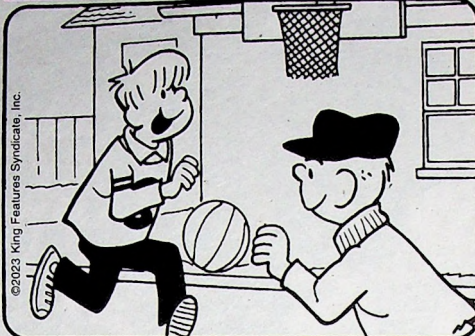
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: LITTLE RED — HOOD

- | | | | |
|----------|--------|----------|--------|
| Adult | False | Man | Robin |
| Bachelor | Father | Mother | Sister |
| Boy | Fort | Neighbor | State |
| Child | Knight | Parent | |

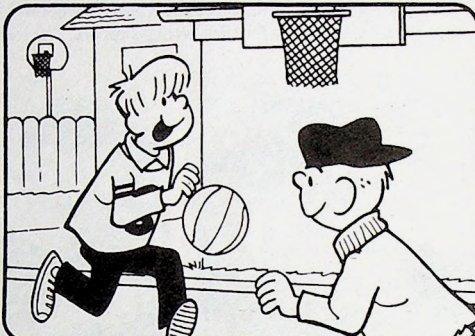
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Basket is added. 2. Fence is different. 3. Ball is higher. 4. Arm is lower. 5. Cap is reversed. 6. Window is missing.

Trivia test

by Fifi Rodriguez

1. WEATHER: What is the name of the hot wind that blows from the Sahara Desert to the southern coast of Europe?
2. GENERAL KNOWLEDGE: What is the name of the condition of seeing human faces in random or ambiguous objects or patterns?
3. GEOGRAPHY: What is the only country that borders the United Kingdom?
4. THEATER: Which Broadway play features a helicopter on stage?
5. LITERATURE: Who wrote the novel "One Hundred Years of Solitude"?
6. MEDICAL: What is the common name for the ail-

ment called epistaxis?

7. TELEVISION: Which TV comedy popularized the phrase "Yabba Dabba Do"?
8. MOVIES: What is the nickname that Steven Spielberg gave the mechanical shark in the movie "Jaws"?
9. HISTORY: When did the Boxer Rebellion take place in China?
10. MATH: Which number doesn't have a corresponding Roman numeral?

Answers

1. Sirocco.
2. Pareidolia.
3. Republic of Ireland.
4. "Miss Saigon."
5. Gabriel Garcia Marquez.
6. Nosebleed.
7. "The Flintstones."
8. Bruce.
9. 1900.
10. Zero.

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Wishing Well®

6 2 6 7 3 6 5 4 7 4 6 8 5
H A A P L V T D O O E B A
6 4 8 7 5 7 2 5 6 8 4 2 8
F N U W K E N E I S O E I
3 4 5 7 6 2 3 7 4 8 6 4 8
O T F R R W V F H N M E E
4 8 7 6 2 3 8 7 8 6 2 3 4
S S U W F E S L T I R O I
8 7 3 7 8 5 8 5 7 6 4 5 8
H K F N R I I R O L T M V
5 8 7 2 6 7 4 7 8 3 7 5 3
S E W I L L A E S S D T T
7 5 2 3 7 3 5 3 4 5 4 2 2
G A E U E D N Y T D E N D

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) Information you need might be coming in sporadically, but at least what you're getting is valuable. Continue to wait until more is available before acting on that career move.

TAURUS (April 20 to May 20) You continue on an upbeat cycle, and with that strong Taurean energy, you should see favorable results from your hard work. A pleasing surprise awaits you in your private life.

GEMINI (May 21 to June 20) A misunderstanding needs more time to be worked out. Don't give up on it just yet. Remain open to providing explanations, if called for. Another friend offers good advice.

CANCER (June 21 to July 22) Fast action can correct a seemingly minor problem that has taken on some unexpectedly difficult aspects. Stay with it until it's resolved. News on a more positive note is due soon.

LEO (July 23 to August 22) Some snags could cause delays in those plans you're eager to see put into operation. But be patient. The Clever Cat will soon have good reason to celebrate a job well done.

VIRGO (August 23 to September 22) Be careful not to let that Virgan sensitivity dissuade you from being the hardheaded realist you should be at this time. Your goals are in sight. Stay focused on them.

LIBRA (September 23 to October 22) A more positive aspect opens up, allowing you to make some important

changes in a personal situation. Remember to seek balance and avoid extremes as you proceed.

SCORPIO (October 23 to November 21) This is a good week to get out and enjoy the fine times you missed while you were so deep in those workaday projects. Be sure to share it with that special person in your life.

SAGITTARIUS (November 22 to December 21) Work and play are in balance this week. However, expect news that could tip things toward the workplace for quite a while -- but all to a good end.

CAPRICORN (December 22 to January 19) You're more productive on the job than you have been in some time. That's good, but be careful not to overlook some situations developing in your private life.

AQUARIUS (January 20 to February 18) You've been doing a lot for others (as usual). But now it's time to focus on your needs, including finally going on that long-delayed trip you've been hoping to make.

PISCES (February 19 to March 20) It's all smoothly going on 'twixt you and that very special person in your life. But a colleague causes some disruption on the job that you might be called on to help settle.

BORN THIS WEEK: You are sensitive to the needs of others, but you're no push-over. You would make a fine teacher, psychologist or minister.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: Q equals R

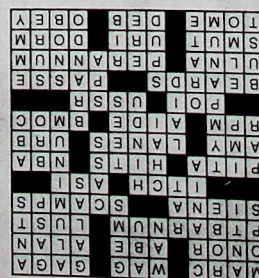
KRDH WH DBWYB KBP QROCZ
OQP YRLSVKPV T KPPLWHX DWKB
KWQP-ZHOXXWHX CPSQPZZWRHZ:
KBP BRVPT YWKT.

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King Crossword

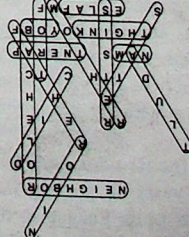
Answers

Solution time: 24 mins.



Magic Maze

ANSWERS:



CryptoQuip

answer
The Holy City.
are completely learning with the roads
the snagging depressions.

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD – Hats off to June Lockhart, everyone's favorite mother in "Lassie" (1958-1964) and "Lost in Space" (1965-1968), who turned 98 on June 25! June's father, Gene Lockhart, appeared in over 120 major films, and her daughter, Anne Lockhart, played Lt. Sheba in "Battlestar Galactica" (1978-79). I was lucky to spend time with June and see what a wonderful mother, friend and person she is.

Angela Bassett, who was recently a Best Supporting Actress nominee for "Black Panther: Wakanda Forever" earlier this year, as well as a 1993 Best Actress nominee for transforming into Tina Turner in "What's Love Got to Do with It," will receive the Academy Honorary Award this November.

Also receiving the Honorary Award is Mel Brooks, who turned 97 on June 28. Brooks won an Oscar for the screenplay of "The Producers" (1967), and among his classic directing jobs were films like "The Twelve Chairs," "Blazing Saddles," "Young Frankenstein," "High Anxiety" and seven others.

His other accomplishments are acting in 20 films and having four children with two wives, including Max Brooks (with Anne Bancroft). Max wrote the novel "World War Z," which was adapted into a film produced by and starring Brad Pitt. Actress Elaine Ballace, a very close friend who's worked with Mel in four films (including "Spaceballs"), saw Mel at the recent tribute to Gene Wilder and told me, "He's as funny and sharp as ever. How can you not love

that man?"

Is Disney really making a third "Tron" film? The first two were less than blockbusters, despite Jeff Bridges starring. "Tron" (1982) cost \$17 million and grossed \$50 million, while "Tron: Legacy" (2010) cost \$170 million and grossed \$400 million. Bridges will not be in "Tron: Ares," but Garrett Hedlund from "Tron: Legacy" will be co-starring with Oscar winner Jared Leto.

During last year's season of "Wheel of Fortune," 76-year-old Pat Sajak started looking a little frayed around the edges. He misspoke several times with contestants, and once absentmindedly opened the prize envelope before the contestant answered the bonus puzzle. After 40 years of "Wheel," who will replace this popular host?

Remember what "Jeopardy" went through trying to replace the late Alex Trebek? Six potential hosts auditioned for a week each, and still, they wound up with two hosts. So, the minute Ryan Seacrest announced on Feb. 16 that he was leaving "Live with Kelly and Ryan" after almost six years, I wondered, "Why would Seacrest give up a huge paycheck for his popular morning show, with his name on it no less?" But when the big Vegas money was on him to replace Sajak, I knew then. On June 27, it became official...Seacrest will be the new "Wheel of Fortune" host. "Wheel's" gain is every airline's loss, since he'll no longer be commuting from Los Angeles for "American Idol" to New York for "Live!"

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: *

* Moderate ** Difficult *** GO FIGURE!

	-		x		27
+		+		-	
	+		x		32
x		x		x	
	x		+		19
26	28	25			

1 2 3 4 5 6 7 8 9

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KOVELS Antiques & Collectibles

By Terry and Kim Kovel

Antique toys — Antique toys can give us a glimpse into the time they were made. Even if they are not exact models, we can get ideas of the cars people drove, how they dressed and furnished their homes and what professions they had or pastimes they enjoyed. If antique toys teach us about the past, they taught the children who played with them about the future. Toy cars, trains, farm tools, dolls and dollhouses prepared children for their adult responsibilities.

This miniature tin factory was made by Gebruder Bing (Bing Brothers), a German company that was making metal toys by the 1880s. It became one of the largest toy manufacturers in the world and is famous for its toy vehicles (cars, trains and boats) and steam engines. This toy factory, which sold for \$4,864 at Morphy Auctions, may have been an educational model to train factory workers, a more serious purpose than that of a typical tin toy.

Q: I'd like to know how best to take care of a Bradley & Hubbard lamp that has been in my family for over 100 years. The base is very large and heavy. It has a reverse-painted umbrella shade and is from about 1910.

A: Bradley & Hubbard was founded in 1854 by Nathaniel Bradley, his brother, William, and his brother-in-law, Walter Hubbard. The company made clocks, sewing machines and other products. Kerosene lamps were made beginning in the 1860s. The company was reorganized as Bradley and Hubbard Manufacturing Co. in 1875. It became a division of the Charles Parker Co.

in 1940. Production of Bradley & Hubbard lamps ceased in the early 1950s. Lamps with reverse-painted glass shades should be kept away from sunlight and heat, which can damage the colors. Don't use a lightbulb that's too hot. Reverse-painted glass should never be washed, just dusted. Use a clean, soft cloth, and don't apply too much pressure. It could scratch the glass or cause it to crack.

TIP: Put a vinyl record back in its sleeve. It will collect dust if left on the turntable.

CURRENT PRICES

• Lunch box, Marvel Comics, Spider-Man and Hulk on front, Captain America on back, blue trim, Thermos, metal, Aladdin, c. 1980, 7 3/4 x 4 x 7 inches, \$65.

• Clock, folk art, tower shape, wood, house shape case, bird perched on roof, leather clock face, battery operated, signed, dated, Daniel Hale, 1987, 25 inches, \$125.

• Movie poster, "North By Northwest," Cary Grant, Eva Marie Saint, James Mason, black and white image, "The Master of Suspense weaves his greatest tale!" Alfred Hitchcock, 1959, 41 x 27 inches, \$190.

• Claret jug, cut glass, moon shape, radial design, silver gilt mounts, handle, oval foot, husks, diaper work, gadroon borders, Andre Aucoc, Paris, France, late 19th century, 10 1/2 inches, pair, \$1,025.

Looking to declutter, downsize or settle an estate? Kovels' Antiques & Collectibles Price Guide 2023 by Terry and Kim Kovel has the resources you're looking for.

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Strange BUT TRUE

• Remember the stunning green Versace gown worn by Jennifer Lopez at the 2000 Grammy Awards ceremony? Not only was it a sartorial feat of engineering, it inspired the creation of Google Images: The search engine added that function because so many people were looking for pictures of the outfit.

• The beloved Sesame Street characters Bert and Ernie were named for a police officer and taxi driver in Frank Capra's holiday classic "It's a Wonderful Life."

• Biologists named a species of ants unique to New York City "ManhattanAnts."

• Due to a shrimp's open circulatory system, it has no arteries, and its organs just float around in its blood.

• Spain's national anthem, the "Marcha Real" ("Royal March"), is one of only four such anthems in the world (along with those of Bosnia-Herzegovina, Kosovo, and San Marino) to have no official lyrics.

• British military tanks are equipped to make tea.

• The longest walking distance in the world, from Magadan in Russia to Cape Town, South Africa, is 14,000 miles. Be sure to take plenty of extra shoes!

• On the other hand, if you're more in line for a much quicker journey, hop on the world's shortest commercial flight, from Westray Island to Papa Westray Island in Scotland – it'll take all of 90 seconds.

• IKEA rugs were used for the Night's Watch cloaks in Game of Thrones.

• Abraham Lincoln remains the only U.S. president ever to have held a patent. While his invention was registered as a device for "buoying vessels over shoals" in 1849, it was never actually used on boats or made commercially available.

* Hellmann's, anyone? In some countries, mayonnaise is a popular pizza topping.

Thought for the Day: "Great thoughts speak only to the thoughtful mind, but great actions speak to all mankind." – Theodore Roosevelt

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Now here's a tip!

by Jo Ann Derson

• To bring out the natural sweetness of corn on the cob, try sprinkling a little bit in the pot after the water has come to a boil.

• If the scar of a cantaloupe is rough or has a stem attached, the melon was picked too early and won't ripen as good as one with a smooth scar. Also, check the net pattern over the outside; it should be even and an overall tan-yellow color, not green or mottled.

• You can remove berry stains from your fingers with lemon juice. Got berry juice on your tablecloth? Here's E.B. of Mississippi's suggestion: "Pour a generous amount of milk on the spot, let it soak for 15 minutes or more. Then soak in cold water with soap for an hour or more. Wash, rinse and dry."

• Soak raisins in cold water

before chopping so that they won't stick to your knife.

• "Use celery ribs lined up to create a base for your roast. This way, the juices move around more and the roast never sticks to the pan. I serve the celery with the roast, but you don't have to if you don't want to." – A.T. in Tennessee

• Need to chill some drinks for a party fast? Pile on the ice, of course, then add the secret weapon: water. Icy water chills drinks quicker than placing them in ice alone. The heat is transferred from the warm drinks to the water because there's total contact.

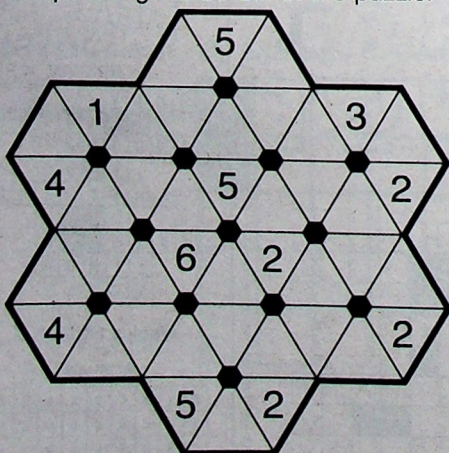
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ♦♦♦♦

♦ Easy ♦♦ Medium ♦♦♦♦ Difficult

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STICKELERS

by Terry Stickels

Below are four squeezer puzzles. Can you find the correct word to be placed in the middle of each to create two new words, one front-end, one back-end? Here's an example of how it works:

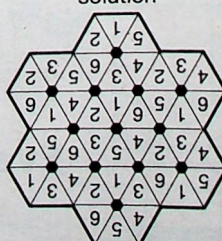
battle SHIP wreck

- 1) rattle _____ door
- 2) assist _____ acid
- 3) mortar _____ walk
- 4) there _____ draw

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SNOWFLAKES

solution



Stickelers Answer

Go Figure! answers

25	28	92
19	5	2
x	x	x
x	1	7
4	32	+
-	+	+
27	9	6

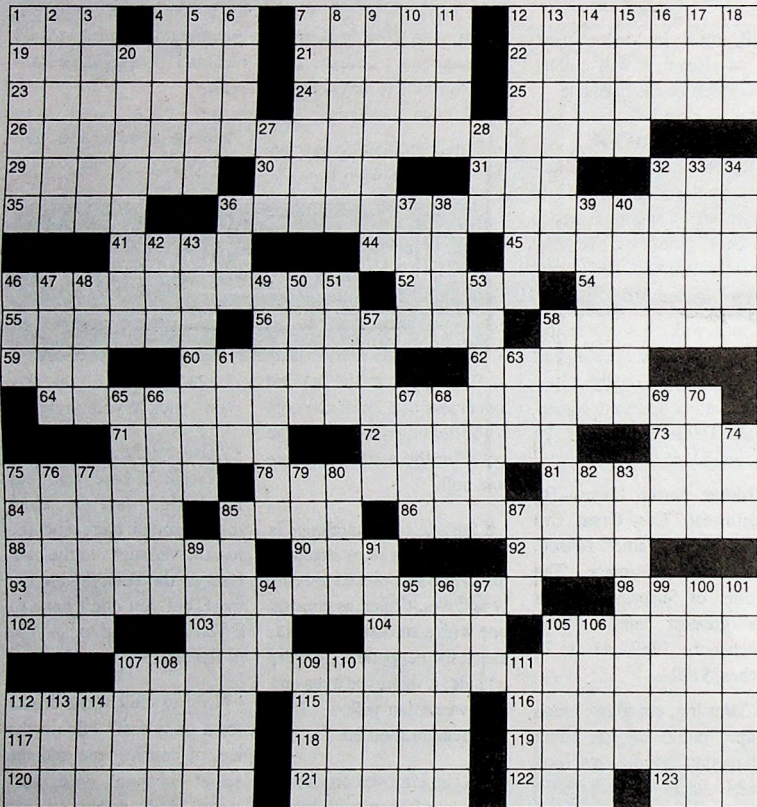
- 1) rattle TRAP door
- 2) assist ANT acid
- 3) mortar BOARD walk
- 4) there WITH draw

Super Crossword

STOPPING STITCHING

ACROSS

- 1 "Still open," on a sched.
- 4 Poppa
- 7 Some swords
- 12 Nero's great-grandfather
- 19 Wasn't too rushed to do something
- 21 Dance with people in a line
- 22 One-dollar Canadian coins
- 23 Of morals
- 24 In the vicinity
- 25 One of Capt. Kirk's officers
- 26 Start of a riddle
- 29 Like much folk medicine
- 30 Lubricates
- 31 Italian "a"
- 32 Winter hours in Minn.
- 35 Ancient recital halls
- 36 Riddle, part 2
- 41 Boxer Oscar — Hoya
- 44 — mo replay
- 45 Kiev's country
- 46 Riddle, part 3
- 52 X Games broadcaster
- 54 Playwright Chekhov
- 55 Cartoon canary
- 56 Burn with no flame
- 58 — Little (mouse of kiddie lit)
- 59 Biden's party: Abbr.
- 60 Los Angeles district
- 62 Part of OTOH
- 64 Riddle, part 4
- 71 Dress in fine duds
- 72 Pedro's shawl
- 73 Caged bird, often
- 75 "Blue Ribbon"
- 78 Barely makes, as a living
- 81 Andes beasts
- 84 Nudge rudely
- 85 "Meh" grades
- 86 Riddle, part 5
- 88 1960s art movement
- 90 — chi
- 92 Peak in the "Odyssey"
- 93 End of the riddle
- 98 Letters after upsilons
- 102 Sci-fi visitors
- 103 Prefix with plunk
- 104 Presque Isle's lake
- 105 Celebrity chef Mario
- 107 Riddle's answer
- 112 Not forsaking
- 115 Elliptical
- 116 Fragrant Chinese flower
- 117 Word-of-mouth precepts
- 118 Dig deep
- 119 Grappler, rural-style tree
- 120 Gloucester's peninsula
- 121 Birch-family emblem
- 122 Ordinal number suffix
- 123 — Plaines
- 9 Forms a bladderlike sac around
- 10 "My stars!"
- 11 Bargain event
- 12 Just for laughs
- 13 Gradually lost light
- 14 Libertine guy
- 15 Very pixel-dense, as a TV picture
- 16 More, to musicians
- 17 — capita
- 18 Simile center
- 20 Old-style sheriff's emblem
- 27 Lav in a pub
- 28 Pool hall stick
- 32 Tony winner
- 33 Sir of Seville
- 34 Former senator
- 36 Roadwork
- 37 — 3 Lives (1952 memoir)
- 38 Ascended
- 39 Declaimed
- 40 Organic fertilizer
- 42 Prefix for "outer"
- 43 Fill a nest, in a way
- 46 Inc., to a Brit
- 47 Was behind financially
- 48 Pixar's lost clown fish
- 49 Con at large
- 50 Kuwaiti VIP
- 51 Actor
- 59 Moss who co-starred on "The Bold and the Beautiful" for 25 years
- 53 In proportion
- 57 Wind-deposited loam
- 58 Armor pieces
- 61 Sch. in Manhattan
- 63 With 101-Down, rubber-soled canvas shoes
- 65 "How curious"
- 66 Words after "Make love"
- 67 Cat call
- 68 Dude, slangily
- 69 Engine speed stats
- 70 "You betcha!"
- 74 Mao — tung
- 75 British coins
- 76 Forewarn
- 77 Hip-hop devotees, in old slang
- 79 Etta of old comics
- 80 Morales of "La Linea"
- 82 Fleur-de—
- 83 Power cord attachments
- 85 Declined in status
- 87 Lap dog
- 89 Bismarck or Pierre native
- 91 Freezing
- 94 Wall St. manipulator
- 95 Show up
- 96 German art songs
- 97 Actor Ayres
- 99 "Over the Rainbow" composer
- 100 "Maybe ... ask me later"
- 101 See
- 103 Sheep call
- 106 Flooded (in)
- 107 Windy blast
- 108 Cantina pot
- 109 Jedi guru
- 110 Daredevil
- 111 French "to be"
- 112 Tone — ("Wild Thing" rapper)
- 113 Man-mouse linkup
- 114 Bark sharply



celebrity extra

by Dana Jackson

Q: I've followed David Boreanaz's career ever since he first played Angel on "Buffy the Vampire Slayer." Does he have another TV series lined up soon? — K.K.

A: Talent, looks and charm have helped David Boreanaz lead three successful television series. He was introduced as Angel on "Buffy" back in 1997 and had such a strong fan following that the spinoff "Angel" was created — and lasted five seasons.

He then landed his biggest hit yet by playing the cocky FBI agent Seeley Booth opposite Emily Deschanel in "Bones," which ran for 12 seasons on Fox. Hart Hanson, who created "Bones," has hinted that he'd be open to reviving the show. Boreanaz's most recent series, "SEAL Team," transitioned to Paramount+ after leaving CBS, but its seasons are much shorter now at just 10 episodes. So, if "Bones" does resurface, there's a good chance that the two leads have room in their schedules to commit to it.

Q: Is Taylor Kinney ever returning to "Chicago Fire"? He's my favorite actor, and I've enjoyed watching him since the show began. But I

read a rumor that he's gone for good. — L.G.

A: It's not looking too promising that Taylor Kinney will resume playing Lt. Kelly Severide on the long-running NBC hit show "Chicago Fire." The actor took a leave of absence this past January with no specific return date mentioned. A source told Deadline.com that the decision seemed somewhat last-minute, with writers having to rework scripts to explain his character's absence.

In April, NBC renewed "Chicago Fire" for another season, its 12th, but announced that there would be budget cuts. Some have speculated that if Kinney returns, it could be well into the upcoming season so that NBC doesn't have to pay him as much. Apparently, most of the cast will take turns sitting out for a few episodes to free up the budget.

Kinney did issue a statement following the untimely death of actor Treat Williams in June. Williams played Kinney's father on "Chicago Fire" between 2013-2018. Kinney told People magazine that Williams was like a father figure to everyone on set. "I'll always relish our conversations and his uncanny ability to light up a room," he stated. "We all send love; he will be missed."

Q: I saw a commercial for a new movie or TV series called "Haunted Mansion," which is obviously based on the Disney ride of the same name. But didn't they al-



David Boreanaz stars as Jason Hayes in "SEAL Team."

Photo Credit: Eric Ray Davidson

ready make a movie about this a few years ago? — D.E.

A: "Haunted Mansion," starring Owen Wilson and Rosario Dawson, is a new film that's loosely based on the popular ride at the Disney theme parks. It'll probably shock you to learn that the first film adaptation was released 20 years ago. It starred Eddie Murphy and Jennifer Tilly, and had a bit of a longer title — "The Haunted Mansion." The original film was panned by critics, and while it wasn't exactly a financial flop, it wasn't as big of a hit as "Pirates of the Caribbean," another ride-to-motion-picture adaptation.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

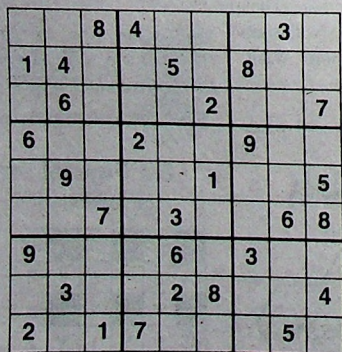
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|--------------------|-----------|-------------------|-----------|
| 1. Supply the food | ___ T ___ | Escapade | ___ P ___ |
| 2. Hotel guest | ___ D ___ | Forest worker | ___ G ___ |
| 3. Like flat beer | ___ A ___ | Fashion statement | ___ Y ___ |
| 4. London hood | B ___ | 14 poetic lines | S ___ |
| 5. Garden archway | ___ B ___ | Passion | ___ D ___ |
| 6. Fido's rope | ___ H ___ | Slightest | ___ T ___ |
| 7. Forest stinker | ___ K ___ | Sassiness | ___ P ___ |
| 8. Quicker | ___ A ___ | Actress Jodie | ___ O ___ |
| 9. Edgy | ___ N ___ | Backcomb | ___ A ___ |
| 10. Buy stocks | ___ S ___ | Turn inside out | ___ R ___ |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

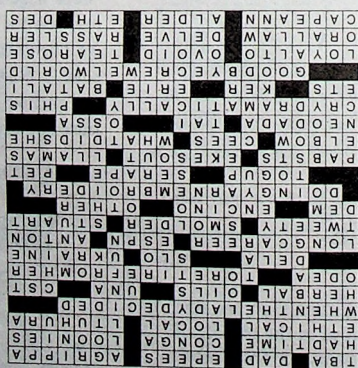
DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging ♦♦♦ HOO BOY!

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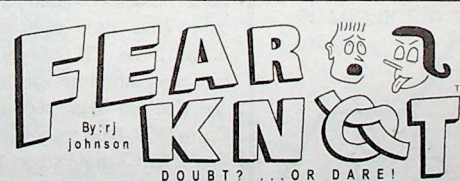
Super Crossword

Answers

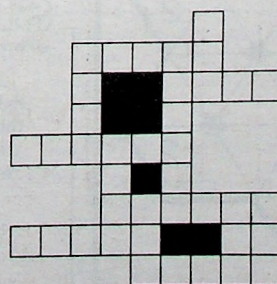


Even Exchange answers

1. Cater, Caper
2. Lodger, Logger
3. Stale, Style
4. Bonnet, Sonnet
5. Arbor, Ardor
6. Leash, Least
7. Skunk, Spunk
8. Faster, Foster
9. Tense, Tease
10. Invest, Invert



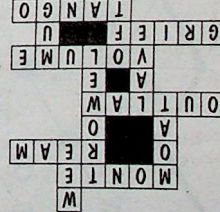
TOF
VUMEO
GOANT
OTMA
ORLWET
EEW
ELVA
FIGER
MGU
OWLTAU
NOMET
ERMA



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

FEAR KNOT

answer



Weekly SUDOKU

Answer



Amber Waves

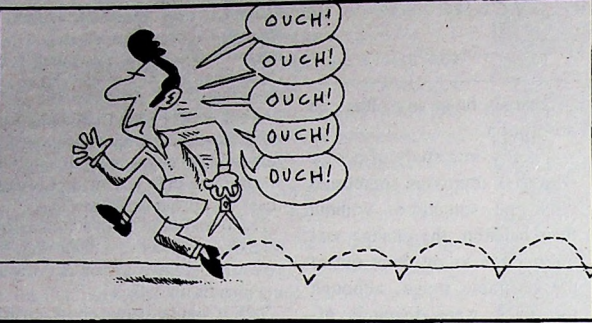
HEY, SONNY BOY, HOW ARE THE CHORES COMING ALONG?

BACK IN MY DAY, AFTER A HARD DAY'S WORK, FOR FUN WE WOULD TAKE A DIP IN THE POND.

I'D RATHER DO GAMING ON A 64" HIGH-PIXEL SCREEN WITH A SWEET 144 HZ REFRESH RATE!

WAS THAT GERMAN, SPANISH OR SOME ROBOT LANGUAGE?

Out on a Limb



by Gary Kopervas

THE ONLY THING WORSE THAN RUNNING WITH SCISSORS IS SKIPPING WITH SCISSORS.

Americanisms

"Humanity requires both men and women and we are equally important and need one another."

— Beyoncé Knowles

Just Like Cats & Dogs

WE'RE HERE TO RENEGOTIATE OUR LOAN. YOU'RE GETTING "THE LOOK," SO IT'S BEST TO JUST AGREE.



Small Dog's Aggression Is a Worry

DEAR PAW'S CORNER: I have a small, mixed-breed, mostly terrier named Cookie. He's a darling to me and my son, but to anyone else, he's a terror. He is a rescue, so I don't know what his early life was like or if he was properly socialized. But I'm worried about having company over because he will bark ferociously at any strangers. What can I do to stop this?

— Janice L., Trenton, New Jersey

DEAR JANICE: A lack of socialization or an abusive home could be factors in Cookie's aggression. Genetics can also be at play: Some dog breeds were developed to be guard dogs or hunters and may be more aggressive if not trained well. However, Cookie has accepted you and your son as family, and that is a positive sign. Follow

these tips as you begin the process of reducing his aggression.

- Never force Cookie to meet new visitors or strangers on the street. Let him approach visitors on his own, with you supervising.
- Ask visitors (and people on the street) not to approach Cookie or try to pet him.
- Create a safe space where you can put Cookie when visitors arrive. A kennel cage with water, soft bed and favorite toys is ideal.
- If Cookie is physically aggressive (charging or snapping), he must stay in his kennel when visitors come, and should always be leashed and wear a muzzle when walking outdoors.

Next, talk to Cookie's veterinarian about a combination of anti-anxiety medication along with a training routine. I recommend working with a trainer so you can implement effective training methods as quickly as possible. With love, training and care, Cookie can become a confident, less aggressive dog.

Send your tips, comments or questions to ask@pawscorner.com.

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WORD LADDERS

Can you go from READS to DIALS in 6 words? Change one letter for each rung in the ladder.

READS

DIALS

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SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Source	SAUCE	_____	_____
Agitation	RITHED	_____	_____
Wound	GAMEAD	_____	_____
Crowd	BARBEL	_____	_____

TODAY'S WORD



by Ryan A. Berenz

1. Name the Brazilian soccer player who was named FIFA Women's World Player of the Year five straight times from 2006-10.
2. What two physical hockey players formed the Detroit Red Wings' "Bruise Brothers" during the late 1980s and early '90s?
3. At the 1973 Indianapolis 500, Patrick Racing crew member Armando Teran was killed instantly after being struck by what?
4. As a child in the 1920s, Major League Baseball outfielder and coach peanuts Lowrey worked as an extra on what se-

- ries of short comedy films?
5. Polo player, racecar driver, diplomat and international playboy Porfirio Rubirosa (1909-65) hailed from what country?
 6. Name the filly who broke down (and was later euthanized) during a 1975 match race against Kentucky Derby winner Foolish Pleasure.
 7. Linebacker Jessie Tuggle spent his entire NFL career from 1987-2000 with what team?

Answers

1. Marta.
2. Bob Probert and Joe Kocur.
3. A firetruck responding to Swede Savage's fiery crash.
4. "Our Gang" (a.k.a. "The Little Rascals").
5. The Dominican Republic.
6. Ruffian.
7. The Atlanta Falcons.

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Micro Crossword

Answer

N	V	H	O	C
O	M	S	O	C
D	L	I	H	C
A	R	E	A	
H	S	I	W	

HEALS, DEALS, DIALS
READS, REAPS, HEAPS,

SCRAMBLERS

soluion
MUSTARD
Today's Word
3. Damage: 4. Rabble
1. Cause 2. Dither

Micro Crossword By Elizabeth C. Gorski

Across

- 1 Genie's offering
- 5 Bailiwick
- 6 Destiny's _____ ("Say My Name" girl group)
- 7 "Sex and the City" cocktail, briefly
- 8 "You're a Grand Old Flag" composer

	1	2	3	4
	5			
6				
7				
8				

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Down

- 1 Cowboy's "Hooray!"
- 2 From Limerick

- 3 Historic Alabama city
- 4 Wore
- 6 VI x L

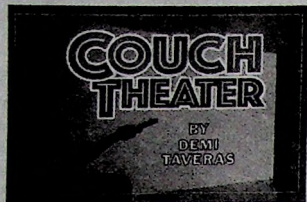


Here's what to watch and where to watch it for the week of July 24, 2023

- | | |
|--|---|
| ON NOW: "Big RV Remix" (Season 1) - Hulu | 27-July: "Happiness for Beginners" (NR) - Netflix |
| 24-July: "Futurama" (Season 11) - Hulu | 27-July: "Mother Undercover" (Docuseries) - Hulu |
| 24-July: "Dew Drop Diaries" (Season 1) - Netflix | 27-July: "The Witcher" (Season 3, Vol. 2) - Netflix |
| 25-July: "Jim Gaffigan: Dark Pale" (Comedy Special) - Amazon Prime Video | 28-July: "How to With John Wilson" (Season 3) - Max |
| 26-July: "The Great British Baking Show: The Professionals" (Season 7) - Netflix | 28-July: "Good Omens" (Season 2) - Amazon Prime Video |

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MORE SUN FUN



"They Cloned Tyrone" (R) - John Boyega, Jamie Foxx and Teyonah Parris play quite the stylish trio in this comedy-mystery film described as "Friday" (1995) meets "Get Out" (2017). Boyega (the "Star Wars" sequel trilogy) portrays drug dealer Fontaine, who gets killed by his rival, but wakes up the next day in his bed unharmed. Attempting to get to the bottom of this peculiarity, Fontaine finds his way to a government laboratory with the help of Slick Charles (Foxx) and Yo-Yo (Parris). The trio then discovers that, within this laboratory, the government has been secretly experimenting on the Black population within their neighborhood, which means it's up to them to bring this government conspiracy to light. Premieres July 21. (Netflix)

"The Portable Door" (PG-13) — Based on the 2003 novel of the same name by Tom Holt, this fantasy film follows two interns, Paul and Sophie, as they're hired by the organization J.W. Wells & Co. The firm, headed by CEO Humphrey Wells, claims to be behind those coincidental moments in life that we think of as "serendipitous." Paul, however, is tasked by Humphrey to find a portable door somewhere around the firm that can magically take one wherever they wish to go. But little does Paul know that once he finds the door, he'll also unleash the hidden, villainous motivations of the firm. Christoph Waltz, Patrick Gibson and Sophie Wilde star in this film reminiscent of the "Harry Potter" and "Fantastic Beasts" franchises. Out now. (Prime Video)

"My Adventures With Superman" (TV-PG) — In this animated series produced by Warner Bros. and DC Stu-

dios, the humble origin of one of the most popular superheroes of all time takes the spotlight. Jack Quaid ("The Boys") voices Clark Kent just as he's beginning to build up his superhero identity. Meanwhile, Clark breaks stories at a newspaper, the Daily Planet, alongside a pixyish Lois Lane (Alice Lee) and photographer Jimmy Olsen (Ishmel Sahid). Critics have given the show positive reviews for maintaining a character-driven story and creating a more relatable, younger Superman — in contrast to the confident, undefeated Superman fans are normally used to watching. The first three episodes are out now, with new episodes releasing on Fridays. (Max)



Courtesy of Netflix
From left, Teyonah Parris, Jamie Foxx and John Boyega star in "They Cloned Tyrone."

"Space Oddity" (PG-13) — Alex (Kyle Allen) is the son of a farmer who has his sights set far away from Earth — on Mars, to be exact. Eyeing an opportunity to travel to the Red Planet in 10 years on a one-way ticket through a private space program, Alex secures life insurance for the trip, but unexpectedly forms a rare connection with his insurance agent, Daisy (Alexandra Shipp). As Daisy and Alex spend more time together, Alex realizes his far-out dream might not be all it's cracked up to be, and his efforts might be better focused here on Earth. Although it might be heartwarming for its romantic aspects, this film could have been better focused — on the believability of its plot, characters and overall message. Kevin Bacon and Madeline Brewer co-star in "Space Oddity," premiering July 21. (Hulu)

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Contract Bridge

HIDDEN ASSET

North dealer.
North-South vulnerable.

NORTH

♠ 9 8 6
♥ A K Q 7
♦ A 4
♣ 10 9 5 2

WEST

♠ K 10 4 3
♥ 10 3
♦ 9 5
♣ A K Q 8 3

EAST

♠ A Q J 7 5 2
♥ J 6
♦ Q 7 2
♣ 7 6

SOUTH

♠ —
♥ 9 8 5 4 2
♦ K J 10 8 6 3
♣ J 4

The bidding:
North East South West
1♣ 2♣ 3♥ 4♣
5♥

Opening lead — king of clubs.

You might wonder how declarer lost a trump trick in this deal and went down one in five hearts. But the fact is that it did happen, and it all came about in a perfectly natural way.

The hand was played in New Orleans in the 1978 World Open Pairs. North, Ahmed Hussein, partnered by Omar Sharif and representing Egypt, opened the bidding with one club.

East, Leon Tintner, partnered by Nadine Cohen and representing France, overcalled with two spades,

indicating a strong six-card suit in a hand of less than opening strength.

Sharif now boldly bid three hearts despite his five high-card points and dreadful heart suit. Obviously, he could not bring himself to pass, but this action ultimately came back to haunt him.

West jumped to four spades, and North, not knowing whether his side could make five hearts or whether the opponents could make four spades, decided to cater to both possibilities by bidding five hearts. That closed the bidding, and Cohen led the K-A of clubs.

Then, knowing a spade shift could serve no purpose since South had to be void in the suit, Cohen continued with a low club. This was the straw that broke the camel's back. Tintner ruffed dummy's nine of clubs with the jack of hearts, and Sharif was down one before he could even get started.

Declarer had no trouble taking the rest of the tricks. He ruffed the spade return, cashed the A-K of trump and the A-K of diamonds, then ruffed a diamond in dummy, establishing the rest of the suit. However, this was little consolation for someone who had lost a trump trick with a combined total of nine trumps headed by the A-K-Q and the trumps divided 2-2 in the opponents' hands.

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by Steve Becker

Puzzles4Kids

by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

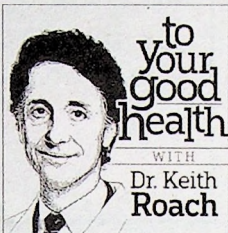
Here's a copy of the alphabet to guide you:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

X I B U E P Z P V D B M M B T O P X N B O

J O K V M Z ? B Q V E E M F .

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How To Avoid Calcium While Taking Thyroid Medication

DEAR DR. ROACH: I had a thyroidectomy, and I take levothyroxine. Instructions for the medication state not to take it within four hours of consuming calcium. No discussion of the drug has clearly stated whether this only refers to calcium supplements or whether this also includes high-calcium foods.

I usually take levothyroxine when I wake up, between 2 a.m. and 3:30 a.m., to avoid breakfast dairy products (i.e. yogurt, cheese and soy milk) and dinner foods (broccoli, leafy greens, dairy and soy). I go to bed fairly early. I eat mainly plant-based, plus dairy.

I have asked some doctors and pharmacists, only to have them answer with the question: "Doesn't that only apply to supplements?" I don't know! That's why I'm asking. I want my thyroid prescription to work as it's supposed to. Can you shed light on this issue?? -- E.G.

ANSWER: Large amounts of elemental calcium do decrease the absorption of the thyroid hormone, thyroxine. If you were to take thyroxine (Synthroid and others) at the same time as you would a large calcium pill, you could expect the thyroid medicine to be about 7% to 8% less absorbed. (Iron and caffeine also decrease thyroid hormone absorption.)

A glass of cow's milk taken at the same time will decrease thyroid hormone absorption. Soy milk has not been studied, but I would expect calcium-fortified soy milk to be similar to milk, yogurt and some high-calcium cheeses in their ability to reduce thyroxine absorption.

However, I think you may be taking things too far. One hour is probably adequate enough to separate calcium from thyroxine. Furthermore, if you are consistent in taking your medication, your dose will get adjusted to the correct level. I doubt that

vegetables have any effect on absorption.

Finally, in a study of people who took thyroxine sometimes with and sometimes without their calcium, the change was not enough to get them out of the desirable range, although the levels were definitely affected. The dose of thyroid hormone has a little bit of leeway in most people, although some people (such as those with a history of thyroid cancer who are now on replacement therapy after surgery) need to have a very exact dosage. So, avoiding calcium, iron and caffeine in those cases is more critical.

DEAR DR. ROACH: I am a 72-year-old woman who, over my adult years, has developed allergies to Tylenol and all NSAIDs. Just this week, I developed a rash after taking aspirin, which was my last resort for pain. I was given a prescription for tramadol, but I really don't want to take a narcotic for aches and pains I only have periodically. Instead, I use ice, heat, stretching and exercise, which keep me pain-free most of the time. -- T.W.

ANSWER: I have rarely seen a person allergic to so many classes of medicines, but it can occasionally happen. It's unfortunate, but I certainly agree with you that an opioid (the term narcotic isn't used any more) is too powerful a medication to use lightly.

There are serious side effects that can happen with tramadol, like any other opioid, and even appropriate use of opioids can lead to opioid use disorder. Misuse of prescription drugs is a huge problem in North America, and not prescribing them in the first place is a good way to prevent problems. (People who misuse opioids commonly get them from a friend or relative.)

Nonprescription ways of treating pain seem like a very good way to treat the occasional pains we all get. Topical treatments, like menthol, camphor-based creams or even topical NSAIDs like diclofenac, may not cause allergic reactions, so you might have success by trying those.

Puzzles4Kids

Answer

In July? A puddle.

What do you call a snowman

SENIOR NEWS LINE

by Matilda Charles

Buying a New Vehicle

We all cringe the day when it becomes apparent that we need to buy a new vehicle. And it's not only the expense that makes us leery. It's the whole process of wondering how we're going to be treated if we go to a dealership.

The best way to handle it is: Do your homework (a lot of it) in advance, as much as you can.

Contact your financial institution about pre-approval for a loan and their interest rates. Know how much vehicle you can buy before you end up at a dealership.

Check Kelley Blue Book online and try to determine what value your current vehicle might have. It might be worth more than you suspect because trade-ins are hot items nowadays.

Try to find something you like that's already on the lot at a dealership that you can test drive so you're not waiting months for delivery.

Still, if you're certain about a particular vehicle, you might see on a dealer website that the vehicle is "in transit" and will arrive "soon." A deposit at the dealership can hold that vehicle for you. Warning No. 1: That deposit will likely be non-refundable. Warning No. 2: Get it in writing, including the sales price and VIN. In other words, do any haggling before you put down a deposit.

When at the dealership, do not express happy feelings for any certain vehicle or color. Remain noncommittal. Expect them to push you to accept their financing. Don't disclose your credit score when they ask; they're getting ready to start pushing the financing.

Don't disclose that you're already pre-approved for a loan elsewhere until the very end when you've selected a vehicle.

Don't tell them how much you want for your trade-in; they might be ready to offer even more.

And mostly, be willing to walk away if you're pressured too much. If you get tired, go home. There are other dealerships everywhere.

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1. Name the singer who released the most popular version of "Are You Lonesome Tonight?"
2. Which artist released "Run to Him"?
3. Where were The Proclaimers from and when did they get started?
4. Name the song Richard Marx wrote to his wife while she was in Africa on a film shoot.
5. Name the song that contains these lyrics: "I've cried through many endless nights just holding my pillow tight. Then you came into my lonely days with your tender love and sweet ways."

Answers

1. Elvis Presley, in 1960. Presley's version was delayed, as the recording company thought it didn't match his image, but it immediately went to No. 1 after it was released.
2. Bobby Vee, in 1961. Vee's career was launched the night the Big Bopper, Ritchie Valens and Buddy Holly were killed in a plane crash. Vee and others were quickly recruited to play the gig.
3. The duo began in Scotland in 1983. They still tour today. Their newest album was released in 2022.
4. "Right Here Waiting," in 1989.
5. "Heaven Must Have Sent You," by the Elgins, in 1966. Bonnie Pointer followed with a disco version in 1979. Pointer's version was the only one that ever topped the charts ... in Mexico.

Summer Bouquets From The Garden

By MELINDA MYERS

Make every day and summer gatherings special with the help of garden-fresh flower arrangements. You will be sure to generate smiles from family members and guests when including fresh flowers on the dinner table and other spaces in your home.

Gather your flowers in the morning after the dew has dried whenever possible. The temperatures are cool, and the plants are hydrated. The evening is the next best time. But don't hesitate to harvest flowers right before guests arrive or when picking vegetables for the evening meal. The flowers may not last as long, but you will be able to enjoy them for that dinner or special event and a few more days.

Use a pair of sharp snips or bypass pruners to make the cut above a set of healthy leaves or back to an adjoining branch. Keep in mind the more flowers you harvest, the more flowers produced on annuals and some perennial plants.

Remove the lower leaves and immediately place the flowers in a bucket of water. Consider taking a bucket of water to the garden to keep the flowers fresh and hydrated while you're busy collecting. Let the flowers stand in a cool place, out of direct sunlight, in tepid water for several hours or bet-

ter yet overnight.

Recut the stems at a 45° angle when assembling the flower arrangements. This prevents them from sitting flat on the bottom of the vase and exposes more of the surface area to the water. Remove any additional leaves that will be submerged in water. Leaves covered by water tend to turn slimy, increasing the risk of bacterial growth that decreases the life of your cut flowers.

Always use a clean vase and fresh water to maximize your cut flowers' vase life. Add a floral preservative to the water to further extend their longevity. Check the water level often, ensuring the cut ends are always covered with water. Change the water often to keep your flowers looking their best for as long as possible.

Since different flowers last in an arrangement for different lengths of time consider reworking your arrangements by removing flowers as they fade. This keeps it interesting while extending your enjoyment.

Start with a walk through your landscape looking for potential flowers and foliage to use in arrangements. Follow the general guidelines for harvesting and care to maximize the flowers' vase life.

You may find a few summer bloomers do best when harvested at a particular stage of flowering. Wait for



BEFORE PLACING CUT flowers in a vase, cut the stems at a 45-degree angle and remove the lower leaves so they are not submerged in the water.
Photo Courtesy of MelindaMyers.com

zinnias and marigold flowers to be fully open to harvest them.

Pick dahlias when the flowers are half or fully open. The back petals should be firm, not soft and limp, and stay attached when rubbing your hand over the back of the flower. Some gardeners set dahlias in warm (160 to 180°F) water with a preservative for one hour before arranging them. Others dip the stems

in boiling water for 7 to 10 seconds, then cool water for a few hours.

Extend the vase life of hydrangeas by soaking the flowers, stem up and flowers down, in cold water for 1 hour. Allow them to drip dry then recut the stem and place in warm water overnight. Or dip the cut end in alum before placing it in the vase.

Look for greenery growing in the garden. Herbs, canna, hosta, lady's mantle, papyrus, as well as deciduous and evergreen shrubs are great options. Don't overlook the plants growing indoors. Prayer plants, mon-

stera, ferns, and ivies add texture while highlighting the blooms.

When in doubt try including different flowers and greenery. Keep track of what works and how long they last. You may discover some new favorites.

Cutting and arranging flowers is a fun way to exercise your creativity and bring the beauty of your garden indoors. If the selection of flowers is limited in your garden, strike up a trade with fellow gardeners. Each of you can share what's blooming in your landscape throughout the growing season.

For tips on growing your own cut flowers, check out my Grow Your Own Flowers for Bouquets handout.

Melinda Myers has written more than 20 gardening books, including the recently released *Midwest Gardener's Handbook*, 2nd Edition, and *Small Space Gardening*. She hosts The Great Courses "How to Grow Anything" instant video and DVD series and the nationally syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and her website is www.MelindaMyers.com.

Still Time To Plant, Enjoy Beets

By MELINDA MYERS

Beets are one vegetable you can purchase most months of the year but those you grow yourself taste the best. The good news is there is still time to grow your own this season.

These flavorful vegetables contain fiber, vitamins A and C, calcium, potassium, phosphorous, and more iron than most vegetables. Betalain, the antioxidant and pigment in beets, can be used as a natural red dye and food coloring. In fact, it inspired the saying "red as a beet" and was used to provide that color in makeup.

Beets tolerate warm temperatures but germinate best during cooler weather. Plant seeds ½ inch deep and one to three inches apart every three to four weeks for a continuous harvest. Make your last planting about eight to ten weeks before the first fall frost.

Beet seeds are a cluster of seeds. Remove all but one seedling in the cluster soon after the seedlings appear. You will also need to remove any excess seedlings to provide the remaining seedlings the space they

need to grow and reach full size. Take the sting out of this task by thinking of thinning as a form of harvesting. Use the beet greens removed during thinning as sprouts on sandwiches, salads, and in stir-fries, and other dishes.

Reduce the amount of thinning needed with the help of seed tapes. The seeds are secured onto biodegradable tapes at the proper spacing. Just dig a shallow furrow, lay in the tape, and cover it with soil at the proper planting depth. You'll spend a little more money on seed tapes but save lots of time.

Make sure your plantings receive sufficient moisture throughout the growing season. The flavor is best during cooler weather. All leaves and no edible roots may be a problem you have experienced when growing beets, radishes, and carrots. Thinning and growing root vegetables in well-drained fertile soil at the proper spacing is key to growing success. Improve heavy clay soils by working several inches of organic matter into the top 8 to 12 inches of soil.

If this hasn't worked in the past, try growing your beets in containers filled with a quality potting mix.

Harvest beets in about 50 to 60 days when the roots are 1 to 1.5" in diameter. Pull or carefully dig the beets with a garden fork or shovel. Place the shovel several inches away from the root crops. Push it straight into the soil to avoid damaging the roots. Wiggle the shovel to loosen the soil and tilt to lift the beets free.

Trim the leaves back to an inch and leave the taproot intact. Rinse off the soil and allow the beets to dry before storing them in a perforated plastic bag in the refrigerator. Wash, and further trim your beets as needed right before using them. Minimize scraping, cutting, and slicing that will increase the loss of vitamins and flavor.

Most garden centers and mail-order catalogs still have beet seeds available for purchase. You'll find red, purple, golden, and even white beets to grow and enjoy. Select the variety that best suits your gardening and cooking needs.

'Cooking With Scraps' Program July 26

Do you feel bad about throwing away (or even composting) food scraps that could be used?

On Wednesday, July 26, from 7 to 8 p.m. Lindsay-Jean Hard will be online with the Thomas Crane Public Library to discuss mak-

ing use of food scraps. The author of the book "Cooking with Scraps" she will be answering questions about minimizing (or, in a perfect world, eliminating) food wastage.

Lindsay-Jean Hard is a

graduate of the University of Michigan and recently appeared on an episode of The Kitchen on the Food Network.

Visit the library's online Event Calendar for more information.



THANK YOU, DAN QUIRK – Uncle Sam Rounseville and his wife, Jean Kenney, posted this message on a billboard at the corner of Newport Avenue and Beale Street in Wollaston thanking auto dealer Dan Quirk for supporting community causes in Quincy. They include sponsoring the Flag Day celebration fireworks display at Pageant Field for more than 10 years.

Photo Courtesy Uncle Sam Rounseville

Divine Mercy Parish Summer Craft Fair Saturday

Divine Mercy Parish, Quincy, will host a Summer Craft Fair on Saturday, July 22 from 10 a.m. to 4 p.m. in the school cafeteria, 370 Hancock St., North Quincy.

Highlights of the day include local crafters and additional tables featuring Waterford Crystal, Snowbabies and Byers' Choice Carolers.

The fair also includes games of chance, a money wheel, and a \$500 lottery

ticket board raffle that includes \$100 in cash. Tickets for the lottery board are \$10 each or \$20 for three tickets.

There will also be a food court. Available for pur-

chase will be calzones, pizza, hotdogs and hamburgers. Bake sale tables will feature homemade cakes, cookies and other items from parishioners' kitchens.

Sarah Leng On University Of Bridgeport President's List

Sarah Leng of Quincy has been named to the President's List for the spring

semester at the University of Bridgeport in Bridgeport, CT.



THE WOODWARD SCHOOL, 1102 Hancock St., Quincy, is hosting its annual Woodward Summer Institute, a day camp program designed for girls ages 8 – 17. *Courtesy Photo*

Woodward School Summer Institute Celebrates Creativity

The Woodward School, 1102 Hancock St., Quincy, is hosting its annual Woodward Summer Institute, a day camp program designed for girls ages 8 – 17, who are looking for summer activities to expand their horizons, unleash their creativity, and acquire an array of impressive skills in three, two-week sessions.

The two-week workshops, include theatre, cooking, 3D modeling, graphic design, photography, and podcasting, where every young, creative soul can find something that resonates with their interests. Participants can sign up for one, two or all three

sessions. The all-girls environment is a supportive and inclusive atmosphere where campers can freely express themselves, build confidence, and inspire one another, forming lifelong friendships and connections.

Woodward alumnae are among the summer counselors. Recent graduate Jackie Andrade, of Quincy, now at Tufts University, is teaching in the "Make it!" 3D Printing and Design course. She shares her knowledge and experiences in art and technology. Program Director, Niko Arranz describes her as going "above and beyond, offering suggestions and guidance, teaching real

technical skills, pushing the girls to think critically and explore, drawing from her own artistic journey. Her presence and genuine interest in her students inspire them to push boundaries and embrace their unique talents. They relate and look up to her." Jackie shared that, "The Summer Institute is amazing and provides me with the space to give back to my school. It's an honor to witness the transformative power of this program for girls."

The program offers three sessions. To find out more, visit the website www.woodwardsummerinstitute.org.

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The City of Quincy presents

'80s & '90s Flashback Dance Party

Dress in Your Best '80s & '90s Outfits

Fun Adult Refreshments!

It's a Dance Party!

New Lawn Games!

Sunday, August 6, 2023

4:00 - 8:00 p.m. | Hancock-Adams Common

Headliners

Silver Arrow Band

4:00 - 5:00 pm

The Silver Arrow Band are live music experts and party enthusiasts. The band specializes in high-energy 80's & 90's dance music. They infuse every event with energy and fun and pride themselves on filling dance floors.



The Boy Band Project

5:30 - 6:30 pm

The Boy Band Project is an electric boy band cover group that re-imagines the sound, movement, and energy of NSYNC, Backstreet Boys, Hanson, One Direction, 98 Degrees, O-Town, Boyz II Men, Jonas Brothers and more.



Dick N Jane

7:00 - 8:00 pm

Dick n Jane has had an incredible cast of musicians and characters over the years but some things still remain the same. Rockin your pants off is what we do best!



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Join us for a celebration of Quincy's Three
Performance & Visual Arts Organizations

For our Annual

Pops Concert on the COMMON



Saturday, September 9, 2023 | 4-7 p.m.
Hancock-Adams Common

The Quincy Choral Society & Quincy Symphony Orchestra proudly present a combined Pops Concert on the Common. Enjoy a relaxed "Pops" style afternoon with artists from Quincy Arts Association who will be on site painting live. There will be cabaret tables and chairs. You may bring lawn chairs.

FOOD TRUCKS



After our performance, consider dining downtown or grab some take-out from one of the many restaurants in Quincy Center.

Up Next in October: **FOOD TRUCK & MUSIC FESTIVAL** Saturday, October 7, Noon - 6:00 p.m. Coddington Street